

Pilgrim Primary Academy Knowledge Organiser

Topic: The Circulatory System

Year Group: 6

Strand: Science

What I know already:

- that humans and some animals have skeletons and muscles for support, protection and movement.

Key vocab:

Heart	A strong muscle in the chest protected by the ribs, that pumps blood around the body.
Capillaries	Microscopic blood vessels found in the muscles and lungs.
Blood Vessels	The tubes that carry blood around the body.
Artery (Arteries)	The vessels that take blood away from the heart.
Veins	The blood vessels that carry blood back to the heart.
Oxygenated blood	Blood that is rich in oxygen.
De-oxygenated blood	Blood that contains very little oxygen.
Blood	Liquid that travels to every cell in the body transporting nutrients and oxygen. Contains red, white blood cells, plasma and platelets.
Atrium (Atria)	The upper right and left chambers of the heart.
Ventricles	The lower right and left chambers of the heart.
Valve	A one-way 'door' that allows blood to flow freely in one direction, not allowing blood to flow back through the valve.
Pulmonary	Related to the lungs and breathing.

Key knowledge:

What is the circulatory system?

- The circulatory system is made of the heart, lungs and the blood vessels
- Arteries carry oxygenated blood from the heart to the rest of the body
- Veins carry deoxygenated blood from the body to the heart
- Nutrients, oxygen and carbon dioxide are exchanged via the capillaries

Choices that can harm the circulatory system:

- Some choices, such as smoking and drinking alcohol can be harmful to our health
- Tobacco can cause short-term effects such as shortness of breath, difficulty sleeping and loss of taste and long-term effects such as lung disease cancer or death

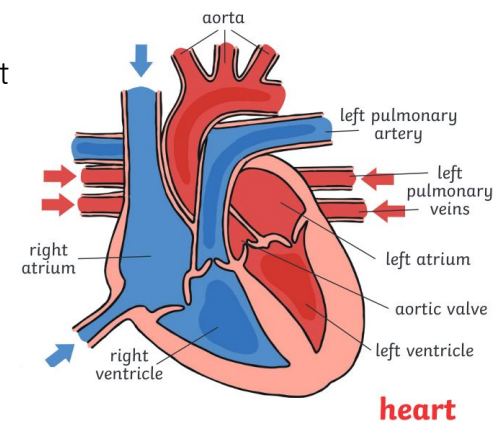
Why is exercise so important?

Exercise can:

- Tone our muscles and reduce fat
- Increase fitness
- Make you feel physically and mentally healthier
- Strengthens the heart
- Improves lung function
- Improves skin

What will I know by the end of the unit:

- What the circulatory system is
- Choices that can harm the circulatory system
- Why exercise is so important
- Recognise the impact of diet, exercise, drugs and lifestyle on the way our bodies function



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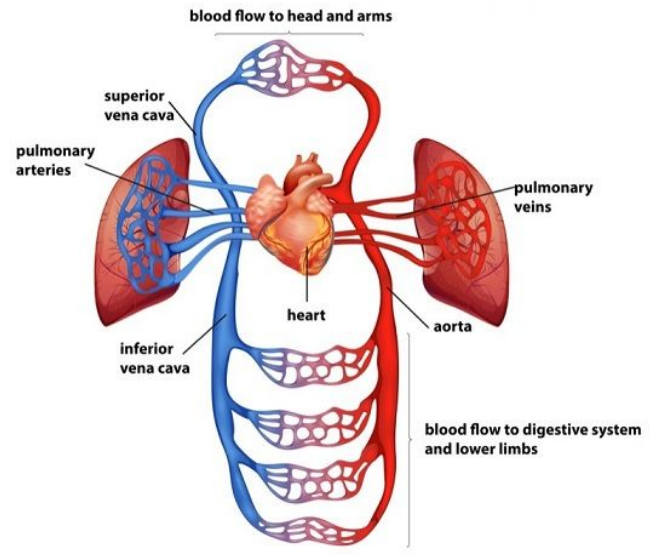
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