

Year 6: How does diet, drugs, exercise and lifestyle impact on our bodies?

Subject Specific Vocabulary		Interesting Book	Sticky Knowledge about the circulatory system
blood vessels	Blood vessels are a series of tubes inside your body. They move blood to and from your heart.		
drugs	A drug is a chemical that is not food and that affects your body. Some drugs are given to people by doctors to make them healthy.	A Scientist just like me	☐ Your heart will beat about 115,000 times each day. Your heart pumps about 2,000 gallons of blood every day.
atria	The atriums are the two uppermost chambers of the heart. Blood is pushed from the atriums to the ventricles.		☐ The entire trip around your body only takes blood about 20 seconds in total. Blood is what is used to transport oxygen, waste, nutrients, and more throughout the body.
William Harvey	He was the first person to accurately describe the function of the heart and the circulation of blood around the body.	William Harvey	☐ The circulatory system includes the heart, blood vessels and blood, and is vital for fighting diseases and maintaining proper temperature.
cardiovascular	The blood circulatory system (cardiovascular system) delivers nutrients and oxygen to all cells in the body.	Important facts to know by the end of the circulatory system topic: - Identify and name the main parts of the human circulatory system. - Know the function of the heart, blood vessels and blood. - Know the impact of diet, exercise, drugs and lifestyle on health. - Know the ways in which nutrients and water are transported in animals, including humans. - Know who William Harvey was.	☐ Because your heart is crucial to your survival, it's important to keep it healthy with a well-balanced diet and exercise, and avoiding things that can damage it, like smoking.
ultrasound	An ultrasound machine uses sound waves to take pictures of the inside of the body.		☐ Your heart affects every part of your body. That also means that diet, lifestyle, and your emotional well-being can affect your heart.
cardiologists	A cardiologist is a doctor with special training and skill in finding, treating and preventing diseases of the heart and blood vessels.		
capillaries	Capillaries are very thin blood vessels. They bring nutrients and oxygen to tissues and remove waste products.		
pulse	Your heart has to push so much blood through your body that you can feel a little thump in your arteries each time the heart beats.		
ventricles	The ventricles are the two lower chambers in the heart.		