



What should I already know?

- I know the importance for humans of exercise, eating the right amount of different food and hygiene.
- I know that animals including humans need the right types and amount of nutrition. They cannot make their own food; they get nutrition from what they eat.
- I know the simple functions of the basic parts of the digestive system in humans.
- I know the different types of teeth in humans and their simple functions.

Vocabulary

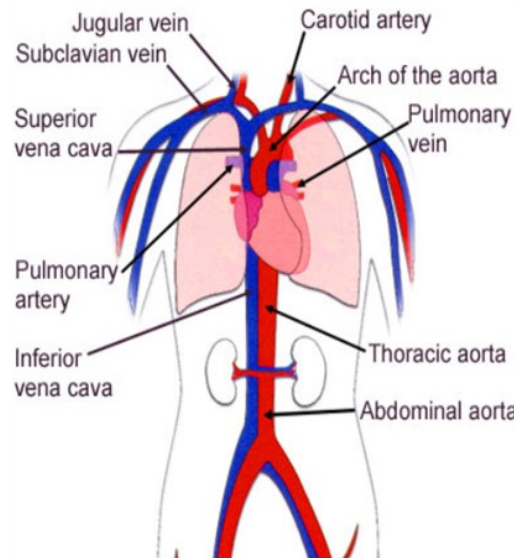
heart	Organ in your chest that pumps blood around your body.
pulse	Regular beating of blood around your body.
rate	How fast or slow something is moving .
pumps	Moves liquid around.
blood	Liquid found in the body of animals and humans carrying oxygen, nutrients and waste around to other organs.
lungs	Organs in the chest that oxygenate the blood and remove carbon dioxide.
nutrients	Substances that help animals and plants to grow.
water	A liquid that comes from rain.
muscles	Contract to produce movement.
cycle	Period of time that repeats itself.
blood vessels	Narrow tubes which blood flows through.
transported	Carried around to where something is
oxygen	A colourless gas that plants and
carbon dioxide	A gas produced by animals and humans when they breath out.

The Circulatory System

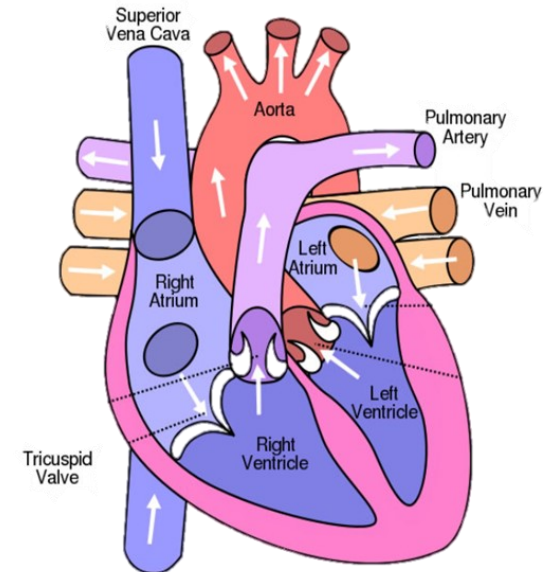
The circulatory system is your body's delivery system. It is made up of your heart, blood and blood vessels.

The human body needs a constant supply of blood to keep working.

- The heart pumps blood in the blood vessels around to the lungs.
- Oxygen goes into the blood and carbon dioxide is removed.
- The blood goes back to the heart and is then pumped around the body.
- Nutrients, water and oxygen are transported in the blood to the muscles and other parts of the body where they are needed.
- As these things are used, they produce carbon dioxide and other waste products.
- Carbon dioxide is carried by the blood back to the heart and onto the lungs to be removed from the body.
- The cycle then starts again. This is the human circulatory system.



The Heart



The circulatory system is centred on the heart, an organ that works constantly to pump blood around the body.

The heart is made up of four sections, called chambers. There are two sides to the heart (right and left) each of which have an atrium (at the top) and a ventricle (at the bottom).

The job of the atria - the word for the two atriums, is to fill with the blood returning to the heart before pushing it to the ventricles.

The left atrium receives blood from the lungs and the right atrium receives it from the rest of the body.

The job of the ventricles is to push the blood out of the heart. The left ventricle pushes blood to the lungs and the right ventricle pushes blood to