What we already know:

The skeletal system of the human body provides support, protection and along with the muscles enables movement.

The digestive system breaks food down into the nutrients that our body needs to live, grow and stay healthy.

Key Vocabulary	
Aorta	The main artery of the body
Arteries	Carriesblood away from the heart
Artrium	One of the upper chambers of the heart.
Capillaries	A tiny blood vessel in your body.
Carbon Dioxide	A gas we breathe out.
Circulatory System	The system through which blood travels around the body.
Deoxygenated blood	Blood containing no oxygen
Heart	The organ that pumps blood
Lungs	The organs that bring oxygen into
Oxygenated blood	Blood containing oxygen
Pulse	The number of times a heart beats per minute
Veins	Blood vessels that carry blood towards the heart
Vena Cava	One of the main veins in the body
Ventricle	One of the lower chambers of the heart.

Core Knowledge

The function of the heart is to pump blood around the body in order to supply the tissues with oxygen and nutrients.

The circulatory system is made up of the heart, the lungs and a system of tubes called veins, arteries and capillaries. The arteries take blood away from the heart and the veins take blood towards the heart.

When the body is exercising, the heart rate increases to provide the extra oxygen the cells need. When the body is at rest, the heart beats approximately 60 -100 times per minute

Food is broken down by the digestive system into nutrients which pass into the blood stream through the small intestine. Nutrients and water are then transported around the body by the blood vessels.

The body is hugely affected by our diet, amount of exercise we take and any harmful things we may put into it. Alcohol and some drugs are bad for the body and exercise and a balanced diet are good for it.







