

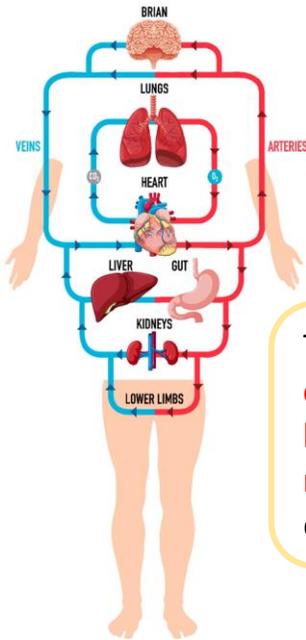


What I might already know - Other systems of the body: skeletal, muscular and digestive

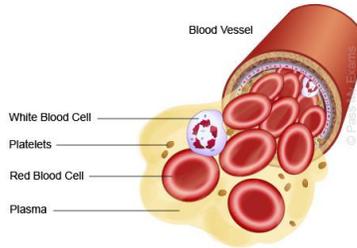
What we will be learning:

Key Facts

HUMAN CIRCULATORY SYSTEM



What are the main parts and functions of the circulatory system?



What is **blood** made up of?

How are nutrients and water transported around the body?

It is our **circulatory system** that transports water and nutrients to the rest of our body. This is a system of tubes which carry blood

The circulatory system **carries oxygen, nutrients, and hormones to cells**, and **removes waste products**, like carbon dioxide.

The **heart** has **4 chambers**. The heart pumps blood around the body.

Blood which carries oxygen from the lungs into the heart is **oxygenated**.

Blood which has delivered the oxygen to the muscles and goes back into the heart and then lungs, is **deoxygenated**

The **oxygen** in the blood provides **energy** for our bodies. The blood also carries **nutrients** throughout the body.

Does diet, exercise, drugs and lifestyle impact the way our bodies function?

Eating the right amount of each food group is called a **balanced diet**. Eating too many sugars and fats and not enough fibre can impact the way our body functions.

Exercise **strengthens** the circulatory system keeping the heart healthy. It can also use up the energy supplied by the food you've eaten.

Key Vocabulary:

- heart, blood, oxygen
- vessels, veins, arteries, valve, respiration, circulatory, platelets, white and red blood cells, plasma
- oxygenated, deoxygenated, diffusion, osmosis

