



YEAR 6 - HUMAN CIRCULATORY SYSTEM

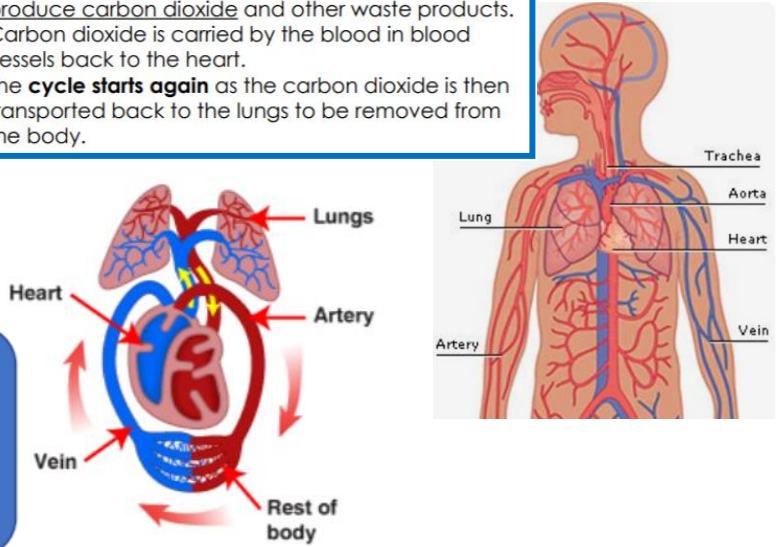
- The **heart** pumps **blood** in the **blood vessels** to the **lungs** where **oxygen** goes into the blood and **carbon dioxide** is removed.
- The blood goes back to the heart.
- It is then pumped around the body so that water, nutrients and oxygen are transported in the blood to the muscles and all the other parts of the body where they are needed. As all these are used, they **produce carbon dioxide** and other waste products.
- Carbon dioxide is carried by the blood in blood vessels back to the heart.
- The **cycle starts again** as the carbon dioxide is then transported back to the lungs to be removed from the body.

Smoking
Can cause shortness of breath, heart and lung disease.

Alcohol
Too much alcohol can damage the liver, heart and stomach.

Diet, exercise, drugs and other lifestyle choices have an impact on how our bodies function. This can affect how well our heart and lungs work and how fit and well we feel.

Exercise can increase fitness, make you feel physically and mentally healthier, strengthen your heart and improve your lung function



Related vocabulary	Definition
heart	the organ in your body that pumps blood around the body
lungs	two organs in your chest which fill with air when you breathe in. They oxygenate the blood and remove carbon dioxide from it
arteries	tubes in your body that carry oxygenated blood from your heart to the rest of your body
atrium	the part of the heart that receives blood from the veins
aorta	the main artery that carries blood away from your heart to the rest of your body.
blood vessels	narrow tubes that your blood flows through.
veins	a tube in your body that carries deoxygenated blood to your heart from the rest of your body.
ventricles	the part of the heart from which blood passes into the arteries
carbon dioxide	a gas produced by animals and people breathing out
circulatory system	the system responsible for circulating blood through the body, that supplies nutrients and oxygen to the body and removes waste products such as carbon dioxide
deoxygenate	blood that does not contain oxygen
oxygenate	blood that does not contain oxygen
pulse	the regular beating of blood through your body. How fast or slow your pulse rate is depends on how active you are
respiration	inhaling oxygen-rich air and exhaling air filled with carbon dioxide

