Key vocabulary	
heart	The heart pumps blood around
	your body.
pulse	Each time the heart beats it can be
	felt as a pulse in the arteries.
	Typically, in the wrist and neck.
blood	The red liquid pumped around the
	body by the heart. It transports
	oxygen, nutrients and water to all
	the parts of the body.
blood	The narrow tubes which our blood
vessels	flows through including the
	arteries, veins and capillaries.
lungs	Two organs situated in the ribcage
	that fill with air when you breathe
	in. They remove carbon dioxide
	from blood and add oxygen.
circulatory	This circulates blood through the
system	body. It consists of the heart,
	blood and blood vessels.
diet	The sort of food animals or
	humans regularly eat.
exercise	Activity that requires physical
	effort, carried out to sustain or
	improve health and fitness.
drugs	A medicine or other substance that
	has an effect in a person's body.
lifestyle	The way in which a person lives.

Exercise and Pulse Rate

Our **pulse rate** increases when we do exercise.

-- Sally

Our pulse rate

Animals including humans – Year 6

William Harvey (1578-1657) English physician and the first person to correctly describe blood's circulation in the body. He showed that arteries and veins form a complete circuit.

Healthy bodies

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.

Some choices such as smoking, drinking alcohol and obesity can be harmful to our health:

Smoking

Can cause shortness of breath, heart and lung disease.

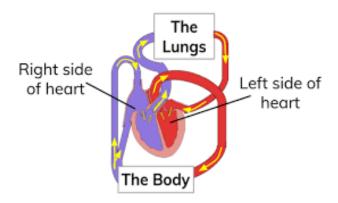
Alcohol

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

Why is exercise so important?

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

The 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.

The circulatory system transports nutrients and water in the blood to all the parts of the body that need them. These nutrients provide us with energy.

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Information relating to 'famous scientists' adapted from work by Alex Sinclair & Amy Strachan of St Mary's University