

Animals including Humans



Key Facts

1. The heart has 4 main chambers (the right atrium, left atrium, right ventricle, left ventricle).
2. Arteries carry oxygenated blood from the heart to the rest of the body. Veins carry deoxygenated blood from the body to the heart.
3. Blood is made up of red blood cells, white blood cells, platelets and plasma.
4. Regular exercise can tone muscles and reduce fat, make you feel physically and mentally healthier, allow a better quality of sleep and aid concentration.
5. Water and nutrients are transported throughout the body.

Assessment

I can identify and name the main parts of the human circulatory system, and explain the functions of the heart, blood vessels and blood.



I can recognise the impact of diet, exercise, drugs and lifestyle on the way bodies function.



I can describe the ways in which nutrients and water are transported within animals, including humans.



Key Vocabulary

Circulatory system

heart, blood, veins, arteries, pulse, clotting

Diet

balanced, vitamins, minerals, proteins, carbohydrates, sugars, fats

Drugs

caffeine, nicotine, alcohol, cannabis, cocaine, heroine

Lifestyle

healthy