

Class 3 – Autumn 1 – Animals. Health, Exercise and the Circulatory System. Heroes and Villains.



What will we be learning?

- About the three main parts of the circulatory system and the job of the heart.
- What blood is comprised of and how it is transported around the body?
- Carry out an investigation to explore how heart rate is affected by exercise.
- Learn the importance of exercise and conduct a survey to find the most popular exercise in their class.
- We will discuss different people's lifestyles and how this can affect their bodies.
- Learn about drugs and alcohol and how they can have an impact on our bodies, specifically in relation to the circulatory system.

Key Facts

Mammals have hearts with four chambers. Blood that has come from the body is deoxygenated, and the blood that has come from the lungs is oxygenated.

Capillaries are the smallest blood vessels in the body and it is here that the exchange of water, nutrients, oxygen and carbon dioxide takes place.

Arteries carry oxygenated blood away from the heart.

Veins carry deoxygenated blood toward the heart.

The liquid part of blood contains water and protein. This is called plasma.

Blood transports:

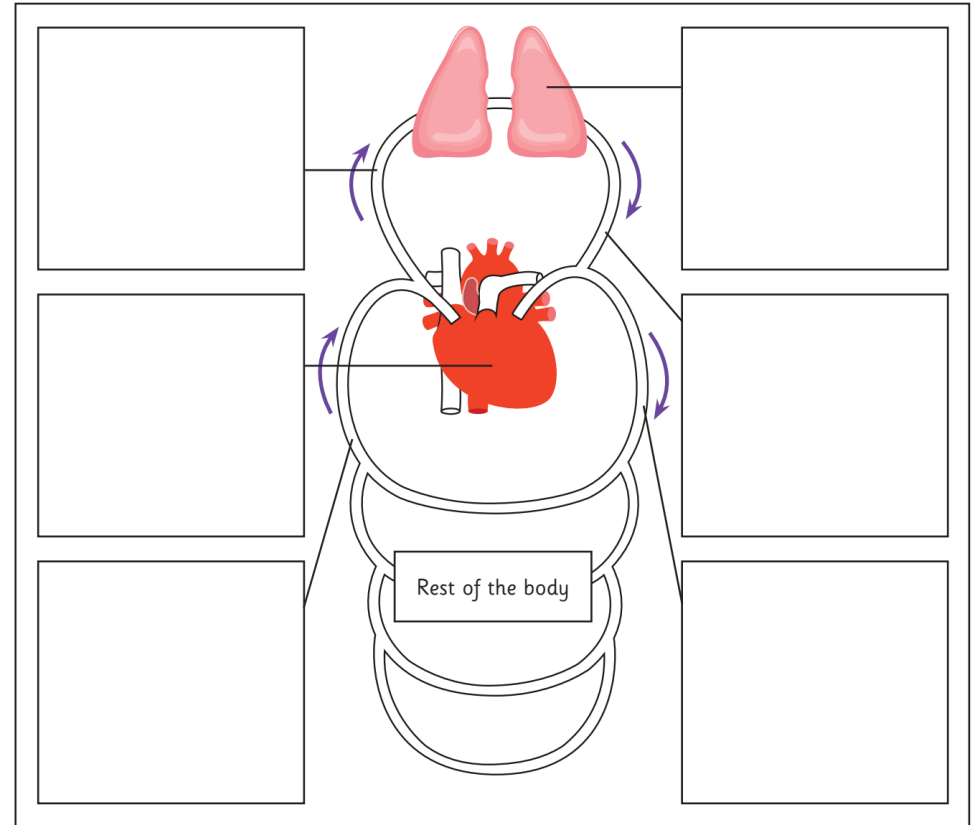
- gases (mostly oxygen and carbon dioxide);
- **nutrients** (including water);
- waste products.

A healthy diet involves eating the right types of **nutrients** in the right amounts.

Key vocabulary

- **Circulatory system:** A system which includes the heart, veins, arteries and blood transporting substances around the body.
- **Heart:** An organ which constantly pumps blood around the circulatory system.
- **Blood vessels:** The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.
- **Oxygenated blood:** Oxygenated blood has more oxygen. It is pumped from the heart to the rest of the body.
- **Deoxygenated blood:** Deoxygenated blood is blood where most of the oxygen has already been transferred to the rest of the body
- **Drug:** A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
- **Alcohol:** A drug produced from grains, fruits or vegetables when they are put through a process called fermentation.
- **Nutrients:** Substances that animals need to stay alive and healthy.
- **Plasma:** Plasma is liquid. The other parts of your blood are solid.
- **Red Blood Cells:** Carry oxygen through your body.
- **Platelets:** Help you when you stop bleeding when you get hurt.
- **White blood cells** fight infection when you're sick.

Label the main parts of the circulatory system and explain their roles?



What I have learnt.