Science: Year 6 – Animals, including Humans

Enquiry Question: How does the circulatory system help animals, including humans, to live?

Skills

- I can observe and identify the main parts of the heart during a heart investigation.
- I can compare arteries, veins and capillaries.
- I can plan a fair test to investigate how exercise affects heart rate.
- I can measure and record heart rate accurately.
- I can use results to spot patterns and draw conclusions.

Key Facts

The heart pumps blood around the body.

Arteries, veins and capillaries carry blood around the body.

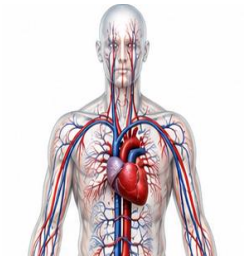
Blood carries oxygen, water and nutrients around the body.

Blood contains red blood cells, white blood cells, platelets and plasma.

Diet, exercise and lifestyle can affect how our bodies function.

Key Ideas

The Circulatory System



Moves blood around the body.

The Heart and Blood Vessels


Heart


Artery


Capillary


Vein

What is in our blood?


Red blood cells


White blood cells


Platelets


Plasma

Exercise and Lifestyle


Exercise

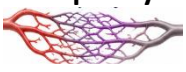

Heathy diet


Drink water


Sleep


Avoid smoking and drugs

Key Vocabulary

Blood vessel 	A tube in the body that carries blood.	**Atrium** 	An upper chamber of the heart. There are two (left and right).
Circulatory system 	The body's system that moves blood around the body.	**Capillary** 	The smallest type of blood vessel that join the arteries and veins to the rest of the body.
Lifestyle 	The way a person lives.	**Vein** 	A blood vessel that carries blood to the heart.
Artery 	A blood vessel that carries blood away from the heart.	**Ventricle** 	The lower chambers of the heart – there are two (left and right).