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| **Year 6 Spring 1 Science- Animals Including Humans** |
| Key facts1. The circulatory system is made up of blood vessels that carry blood away from and towards the heart.
2. Arteries carry blood away from the heart and veins carry blood back to the heart.
3. The circulatory system carries oxygen, nutrients, and hormones to cells, and removes waste products, like carbon dioxide.
4. Nutrients are transported through your blood via capillaries, tiny blood vessels that connect arteries to veins.
5. Water molecules are then transported via blood circulation to be distributed all over the body, to the cells.
6. Poor diet and nutrition, can lead to brain damage, organ damage, and different types of diseases.
7. The body cannot store alcohol, so once it is consumed it is quickly broken down to facilitate excretion from the body.
8. Therefore a healthy balanced diet, exercise and staying away from substances that can affect the body in negative ways, are important to maintain a healthy lifestyle.
 | llusration of the circulatory system | Ks2 science, Circulatory ... What is a healthy lifestyle? - Dos, don'ts, benefits & more | Adia |
| Scientific skills* Plan a pattern seeking enquiry
* Record my results
* Evaluate and present my findings
 | Key Vocabulary* Circulatory system
* Blood vessels
* capillaries
* mammals
* lungs
* oxygenated
* deoxygenated
* heart
* water
* nutrients
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