

Year 6 Knowledge Organiser- How can we keep our heart, mind and body healthy?

What will I learn?

In this topic we will learn to:

- Identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood.
- Describe the ways in which nutrients and water are transported within animals, including humans.
- Explore questions to understand how the circulatory system enables the body to function.
- Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.
- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- Learn how to keep their bodies healthy and how their bodies might be damaged - including how some drugs and other substances can be harmful to the human body.
- Explore the work of scientists and scientific research about the relationship between diet, exercise, drugs, lifestyle and health.

HEALTHY LIFESTYLE



Previous learning

Y4 Are healthy foods always healthy for our teeth?

How can we keep our bodies healthy

You should already know:

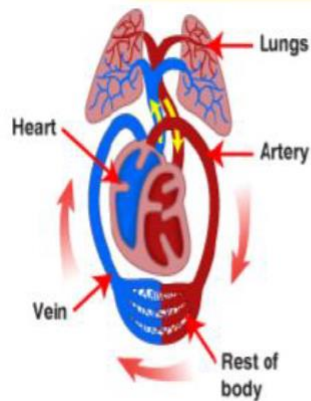
Understand and apply the principles of a healthy and varied diet

Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat

Vocabulary Dozen

Blood Vessels	The tubes that carry blood around the body. Arteries, capillaries, veins are all blood vessels.
Circulation	The movement of blood through the vessels.
Deoxygenated blood	Deoxygenated blood is the blood that has a low oxygen saturation in comparison to blood leaving the lungs.
Disease	A disease is a condition that impairs the proper function of the body or of one of its parts. All living things can succumb to disease.
Drugs	A drug is a substance that has an effect on the body: medicines are drugs that help people suffering from pain or disease. recreational drugs are taken by people because they like the effects they have on their bodies.
Heart rate	Another term for a heartbeat or rhythm. The number of times the heart beats in a minute. A normal heart rate ranges from 60 to 100 beats per minute at rest
Organ	A group of tissues in a living organism that has a specific form and function (the heart, liver, lungs, kidneys, etc).
Oxygen	A colourless, odourless, tasteless gas, that is necessary to live.
Oxygenated blood	A blood cell with a high percentage of oxygen and a low percentage of carbon dioxide.
Plasma	Plasma is a yellow liquid in your blood that carries red & white blood cells and platelets around the body.
Red Blood Cell	These float in your blood, delivering oxygen to all parts of your body.
White blood cell	White blood cells are part of the body's immune system; they help fight disease and infection.

Key Knowledge



The Circulatory System

The heart

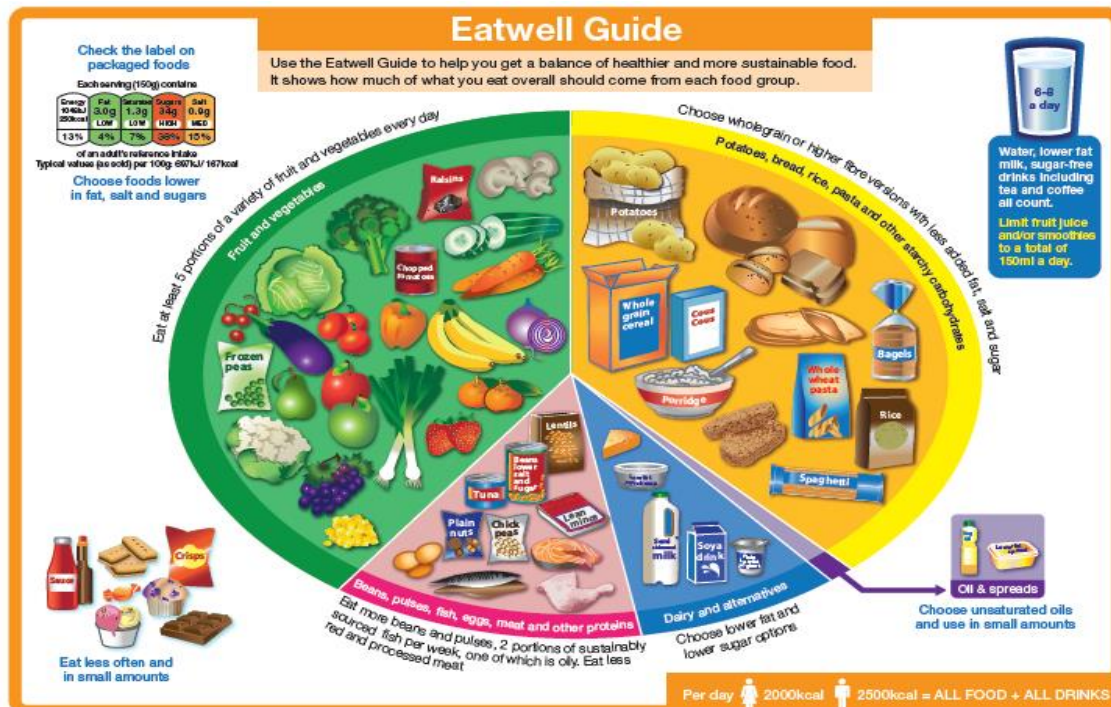
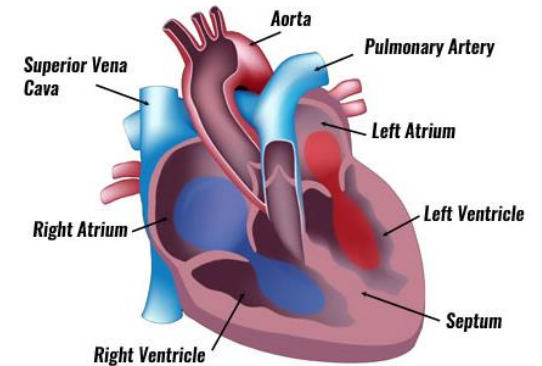
The **heart** pumps oxygen-rich blood to every cell in the body.

Blood vessels

A network of arteries and veins that provide the pathway for blood to travel.

The circulatory system allows blood to circulate and transport nutrients, oxygen, hormones and blood cells to and from the cells in the body to provide nourishment and help fight diseases.

A healthy and balanced diet and regular exercise is important in helping the body to function.



Plasma- liquid part of blood. A dilute solution of salts, glucose, amino acids, vitamins, urea, proteins and fats.

White blood cells- involved in immun system.

Platelets- involved in blood clotting.

Red blood cells- involved in carrying oxygen.



Useful Weblinks

[Science KS2: How our circulatory system keeps us alive - BBC Teach](#)

[Helping children find out about healthy eating and staying active - World Cancer Research Fund \(wcrf-uk.org\)](#)

[What happens to the circulatory system during exercise? \(thenational.academy\)](#)