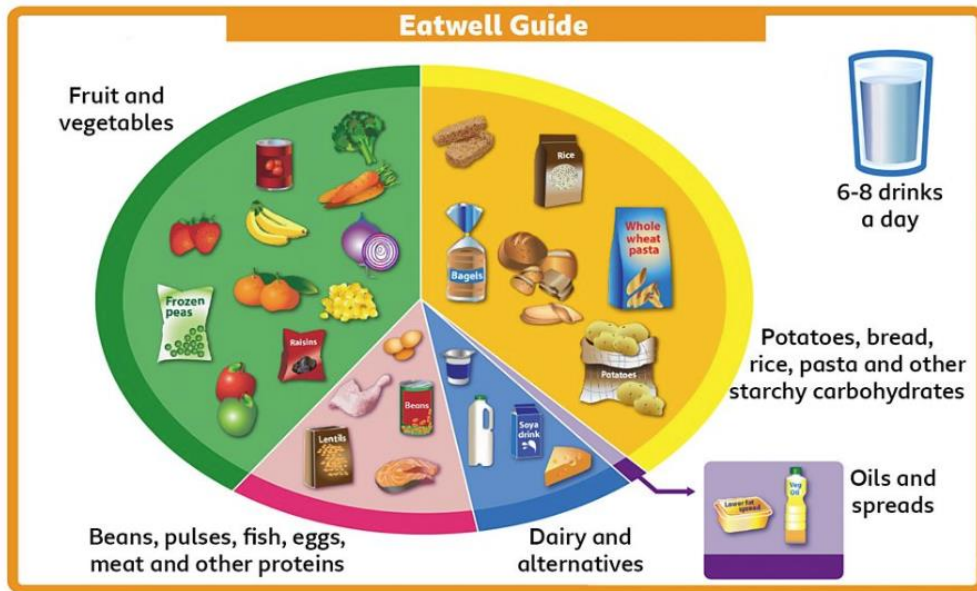


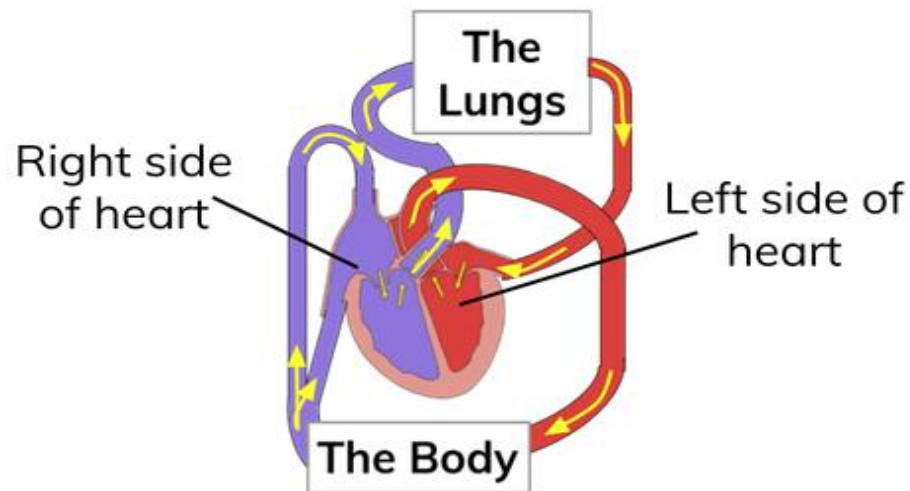
Year 6 Knowledge Organiser- How can we keep our heart, mind and body healthy?

Blood vessels	Blood vessels are the tubes that carry blood around the body.	Organ	An organ is a group of tissues in a living organism that work together to perform a specific job, like the heart or lungs.
Circulation	Circulation is the movement of blood through the vessels.	Oxygen	Oxygen is a colourless, odourless, tasteless gas that is needed for life.
Deoxygenated blood	Deoxygenated blood has less oxygen than the blood that leaves the lungs	Oxygenated blood	Oxygenated blood is a blood cell that contains a lot of oxygen and little carbon dioxide.
Disease	A disease is a condition that stops the body, or part of it, from working properly. All living things can get diseases.	Plasma	Plasma is the yellow liquid part of blood that carries blood cells and platelets around the body
Drugs	A drug is a substance that has an effect on the body	Red blood cells	Red blood cells float in your blood and carry oxygen around your body
Heart rate	The heart rate is the number of times the heart beats in a minute.	White blood cells	White blood cells help protect the body by fighting disease and infection.

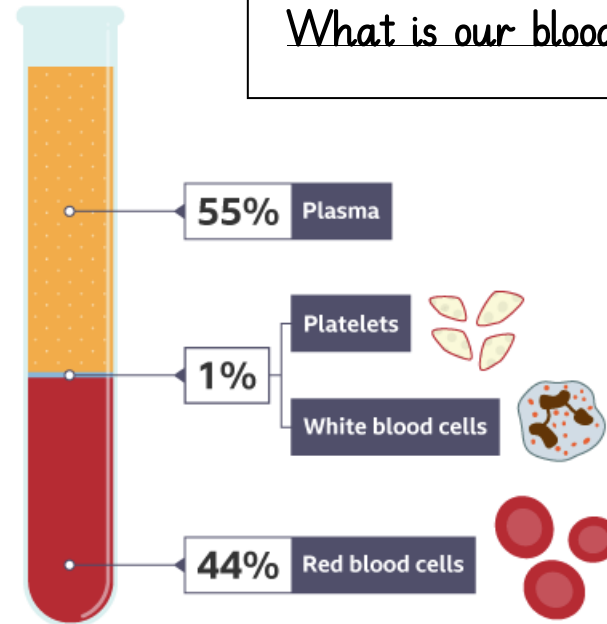
How can we eat healthily?



The circulatory system



What is our blood made of?



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 \(wcrf-uk.org\)](#)

[Long term effects of exercise on the body systems - Long and short term effects of exercise - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize](#)