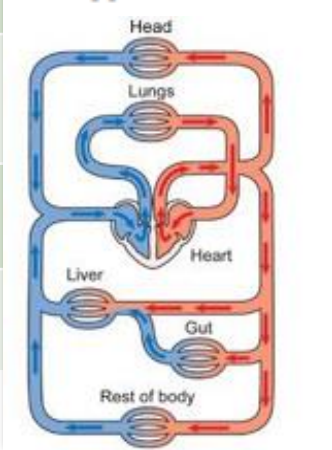
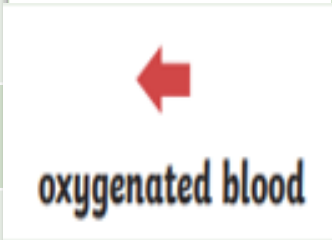
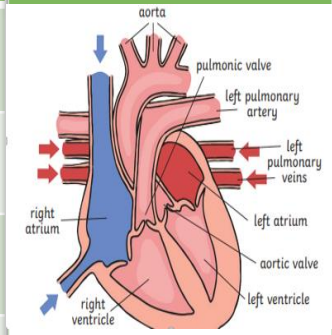




Subject Specific Vocabulary

arteries	The blood vessels that carry oxygenated blood <u>a</u> way from the heart to the body's cells, tissues and organs.
blood vessels	A series of tubes inside your body. They move blood to and from your heart.
carbon dioxide	A gas that is formed in the tissues and eliminated (removed) by the lungs.
heart	The muscle that pumps blood received from veins into arteries throughout the body.
lungs	A pair of breathing organs located within the chest which remove carbon dioxide from and bring oxygen to the blood.
nutrients	Chemical compounds in food that are used by the body to function properly and maintain health. e.g. proteins, fats, carbohydrates, vitamins and minerals.
oxygen	A gas that your body needs to work properly. Your cells need oxygen to make energy. Your lungs absorb oxygen from the air you breathe.
pulse	The little thump in your arteries each time the heart beats.
valve	Flaps that control blood flow to and from the heart. They only allow blood to flow in one direction.
vein	A blood vessel that carries blood <u>in</u> to the heart from tissues and organs in the body.

Useful Diagrams



Key Knowledge

What is the circulatory system?	<ul style="list-style-type: none"> *The circulatory system is made of the heart, lungs and the blood vessels. *Arteries carry oxygenated blood from the heart to the rest of the body. *Veins carry deoxygenated blood from the body to the heart. *Nutrients, oxygen and carbon dioxide are exchanged via the capillaries.
Which choices can harm the circulatory system?	<ul style="list-style-type: none"> *Some choices, such as smoking and drinking alcohol can be harmful to our health. *Tobacco can cause short-term effects such as shortness of breath, difficulty sleeping and loss of taste as well as long-term effects. *Alcohol can cause short-term effects such as addiction and loss of control as well as long-term effects.
How does our body transport water and nutrients?	<ul style="list-style-type: none"> *Nutrients and water are absorbed in the system in the stomach, small and large intestines. *They enter the blood stream via the capillaries, where they are passed through to the arteries. *The blood is circulated throughout the body (including being oxygenated in the lungs and the heart). *Nutrients are absorbed by the cells that need them and water is absorbed by all cells.
Why is exercise so important?	<p>Exercise can:</p> <ul style="list-style-type: none"> *tone our muscles and reduce fat *increase fitness *make you feel physically and mentally healthier *strengthen the heart *improve lung function *improve skin