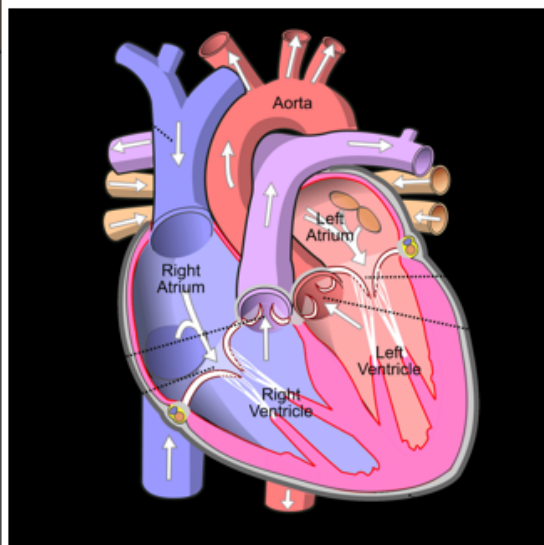


# Year 6: Circulatory System Knowledge Mat

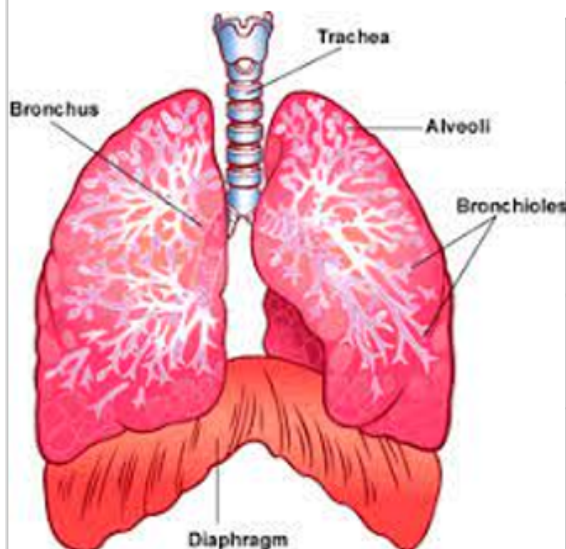
## Key Vocabulary

circulatory system  
 blood  
 blood vessels  
 atriums  
 ventricles  
 diaphragm  
 bronchi  
 alveoli  
 carbon dioxide – a chemical usually in the form of a gas.  
 pulse - regular beating of the heart  
 respiratory system – the tissues and organs that allow us to breathe.  
 drugs - a chemical that is not food and affects your body in some way



## Sticky Knowledge

- identify and name the main parts of the human circulatory system (see diagrams)
- The circulatory system consists of the heart, blood and blood vessels. heart pumps blood through blood vessels which delivers nutrients, water and oxygen to your body cells and carries away waste products such as carbon dioxide.
- know the impact of diet, exercise, drugs and life style on health



	Impacts/consequences
Diet	A poor diet can lead to tooth decay, high blood pressure, high cholesterol, heart disease and stroke and type-2 diabetes.
Exercise	Lack of exercise can lead to Coronary Heart Disease, strokes, high blood pressure, breathlessness, little energy, stiff joints, osteoporosis, poor posture, becoming overweight and poor mental health.
Drugs	Drugs can have either a positive or negative impact on our health. A drug that helps us is paracetamol. Some drugs that can harm us are tobacco (found in cigarettes) and alcohol.
Lifestyle	We need to practice good hygiene (to avoid things like tooth decay), get enough sleep (or we may not be able to concentrate) and take care of our mental health (so we can control negative emotions).