

YEAR 6 ANIMALS, INCLUDING HUMANS KNOWLEDGE ORGANISER

KEY VOCABULARY AND SPELLINGS

Circulatory System – the parts of an animal’s body comprising the heart, veins, capillaries and arteries.

Heart – muscular organ that pumps blood through the body.

Veins – blood vessels that carry blood towards the heart.

Artery – blood vessels that deliver oxygen-rich blood from the heart to the tissues of the body.

Oxygen – a chemical element which animals need to survive.

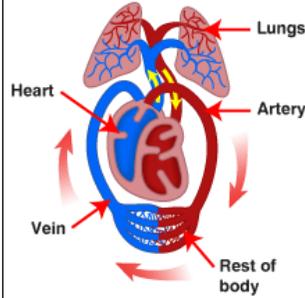
Blood vessels – part of the circulatory system that carries blood (a vein, artery or capillary).

Capillary – very thin blood vessel.

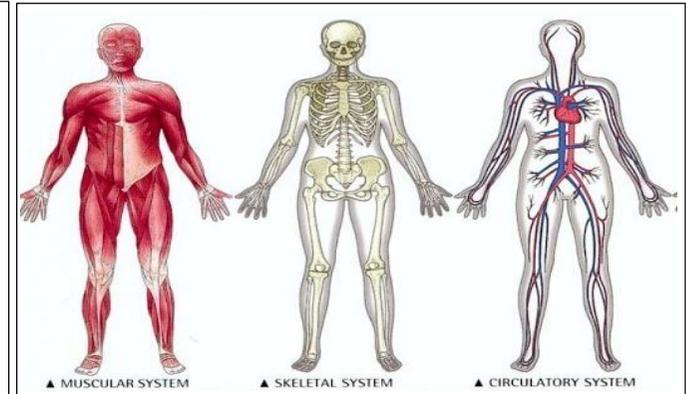
Nutrients – a source of nourishment that gives energy.

Pulmonary – relating to the lungs.

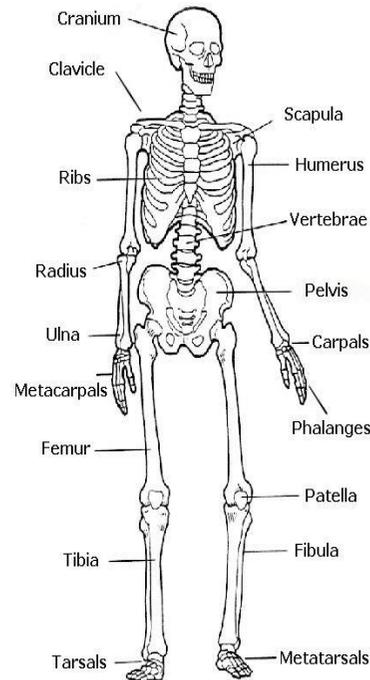
CIRCULATORY SYSTEM – is a group of organs and vessels which transport blood around the body.



The heart pumps blood to the lungs to get oxygen. The oxygenated blood is then pumped around the body. Arteries carry oxygenated blood away from the heart. Veins carry de-oxygenated blood towards the heart.



HUMAN SKELETON – the human skeleton provides support, protection and movement.



LIFESTYLE - exercise is important to help keep our bodies healthy. Regular exercise:

- Strengthens muscles, including the heart.
- Improves circulation
- Increases the amount of oxygen around the body
- Releases brain chemicals which help you feel calm and relaxed.
- Helps you sleep more easily
- Strengthens bones.



Drugs, alcohol and smoking have a negative effect on the body.

DIGESTIVE SYSTEM - Humans and animals need food to gain nutrients and energy. Different organs are involved in the process.

A balanced diet is important to stay healthy. The five main food groups are:

- Carbohydrates (give you energy)
- Protein (required for growth and repair of our bodies)
- Dairy and alternatives (help strengthen our bones and teeth)
- Fruit and Vegetables (help us build healthy cells and give us vitamins and minerals)
- Fats and Sugars (provide energy and help with building our bodies)

