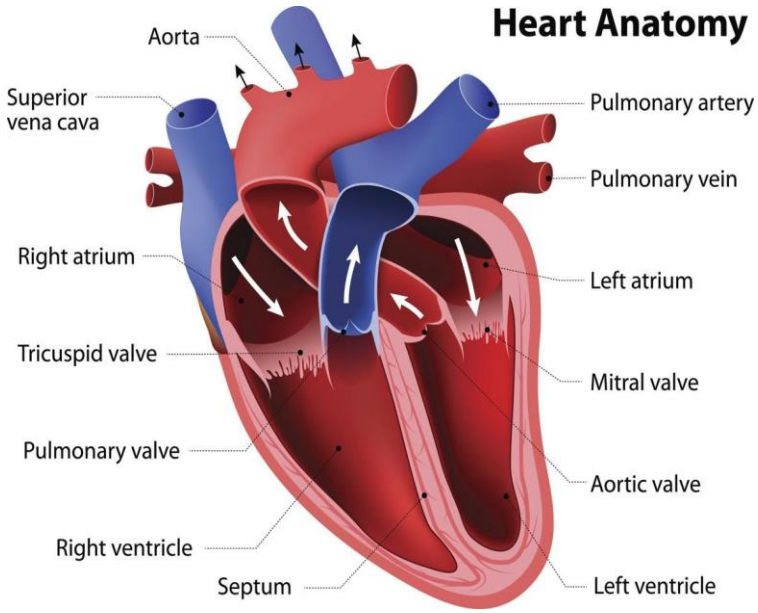
Science – Circulatory System – Year 6 – Autumn 2

Vocabulary Top Ten:

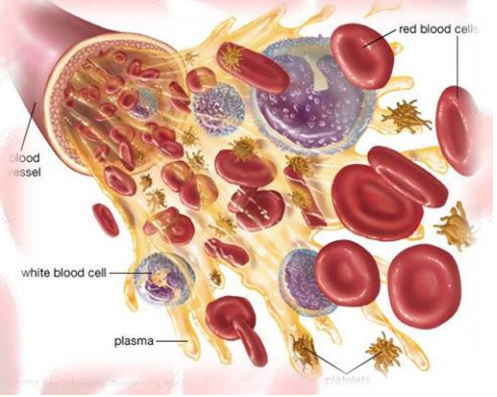
arteries	carry blood away from the heart and transport oxygen and useful nutrients to the body's cells
blood	a red fluid that carries oxygen, water and nutrients and removes waste products like carbon dioxide
blood vessels	series of tubes inside your body that move blood to and from the heart
capillaries	tiny blood vessels which take the blood into organs and tissues
circulatory system	a network consisting of blood, blood vessels, and the heart
deoxygenated	to be depleted from oxygen
heart	an organ in the chest that pumps blood around the body
oxygenated	to be enriched with oxygen
plasma	Liquid that transports nutrients in the blood
veins	takes blood back to the heart where it is pumped to the lungs to pick up new oxygen again

The Heart

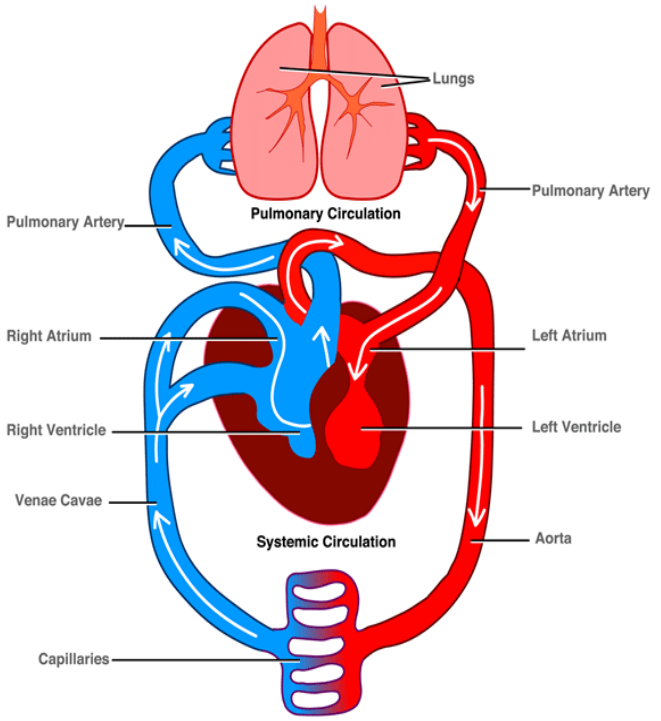


Blood contains

- **Red blood cells** that transport oxygen.
- **White blood cells** that protect against disease.
- **Platelets** that help the blood to clot and repair a cut.
- **Plasma** that is a liquid that carries these cells. It also transports important nutrients.



Circulatory System



Staying Healthy

Lifestyle: What we do and what we eat can make our body healthy or unhealthy. These decisions make up a person's lifestyle

Balanced diet: fatty foods can clog blood vessels preventing blood from delivering what is needed and can cause a heart attack.

Exercise regularly: to keep your heart, lungs and muscles strong and healthy. Cardiovascular exercises are designed to improve the fitness of the overall circulatory system by strengthening the organs and pulse rate.