

Key learning

The heart is a muscle which transports blood around the body.
The heart is made of four main parts: the right and left atriums and the right and left ventricles.

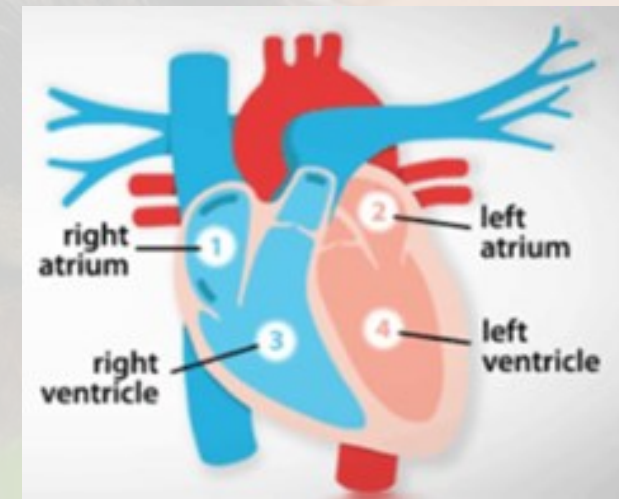
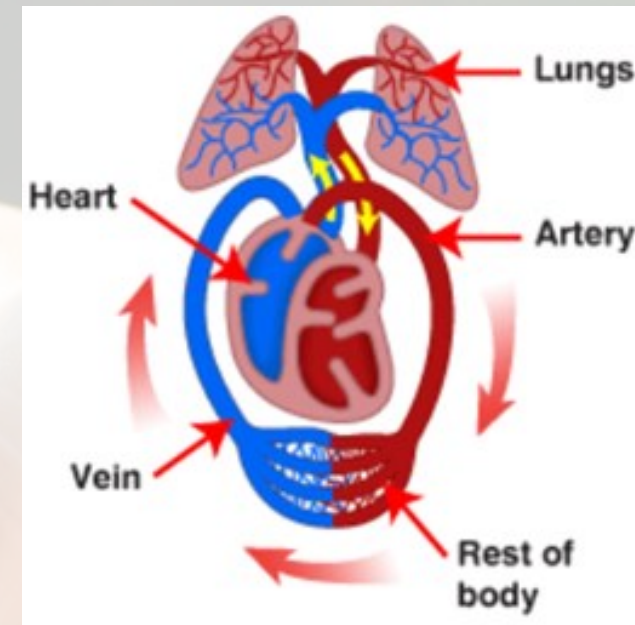
Blood is used to carry oxygenated blood to the body's muscles and organs.

Blood travels through the pulmonary artery and veins to the lungs and to the muscles through the aorta.

Nutrients and water are transported within blood in animals through the circulatory system.

Our bodies can function differently depending on how we use them.
Pulse rate is a measure of how fast the heart is beating (how fast blood is being pumped around the body).
Heart rate (pulse rate) increases during and after exercise.

We can identify ways to keep ourselves healthy through regular exercise, a balanced diet. Alcohol and drugs have a negative effect on the body.



Prior Learning to Reactive

Yr 1—Name and label basic parts of the human body

Yr 2 - Understand the basic needs of animals. - exercise, right types and amounts of food and hygiene.

Yr 3 - Understand that humans get their nutrition from food they eat

Yr 4— Understand the process of digestion and the human organs involved

Scientific Skills

Plan scientific enquiries to answer different questions, recognising and controlling variables where necessary.

Take measurements using a range of scientific equipment.
Take pulse rate. Time intervals for exercise investigations.

Record data and results using charts, tables, diagrams and graphs.

Report and present findings, drawing conclusions about results.

Explore the work of scientists to discuss the relationship between diet, exercise, drugs , lifestyle and health.

Identify scientific evidence which has been used to support or refute ideas.

Key vocabulary

Arteries	Thick-walled tubes that carry oxygenated blood (except the pulmonary artery) away from the heart.
Blood Cells	Red blood cells—the cells that carry oxygen. White blood cells—cells used to fight infection.
Chambers	The heart's ventricles and atriums which allow blood to pass through them.
Circulatory	Factors, processes and organs related to the blood.
Heart	A muscle with four chambers that is responsible for pumping blood around the body.
Platelets	A component of blood that enables clotting.
Pulmonary	Factors, processes and organs related to the lungs.
Veins	Thinner tubes that carry deoxygenated blood (except the pulmonary vein) to the heart.
Viscosity	The thickness of a substance.