

What will I know by the end of this unit?

- the **circulatory system** comprises of the **heart**, **lungs** and **blood vessels**.
- Water and **nutrients** are **absorbed** by the **intestines** and are carried into the blood stream.
- Nutrients are absorbed by **cells** that need them.
- Water is absorbed by all cells.
- The **kidneys** and **colon** are responsible for waste.
- A healthy diet is important to prevent your body from performing poorly and becoming infected or **fatigued**.
- Exercise benefits **physical health**, **emotional health** and **social health**.
- A drug is a **chemical** that has an effect on the body. Some drugs are medicines to make people healthy. Others are known as illegal drugs. They can have a dangerous effect on our health.

Scientific Skills

- ask questions about the circulatory system and how the body functions.
- Sort and classify objects using a criterion.
- Set up a comparative or fair test.
- Predict what will happen.
- Make careful observations.
- Measure accurately using standard units
- Explain which variables will be controlled.
- Use written explanations, models and labelled diagrams as well as tables and graphs to report on my findings.
- Explain how the circulatory system works.
- Explain the impact poor health can have on the body.



Science

Year 6

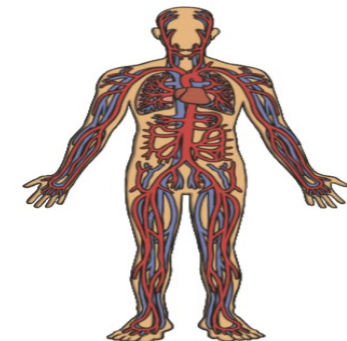
Topic: Animals including humans

Strand: Biology

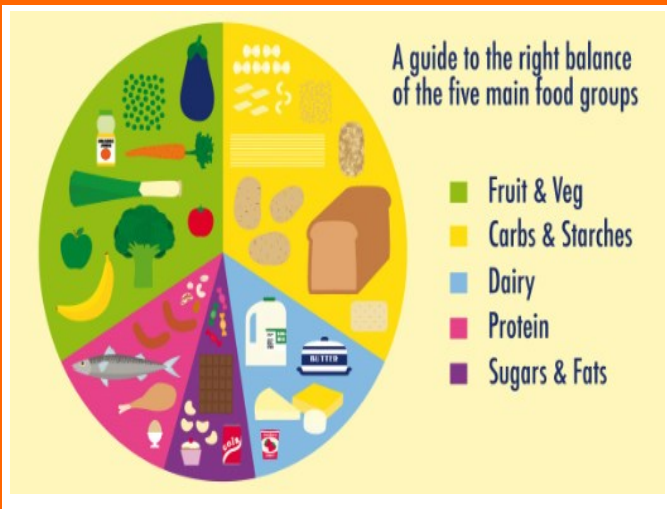
What should I already know?

- we need to eat a healthy diet.
- we can not make our own food.
- we get nutrition from what they eat.
- food chains show the order in which living things rely on one another for food.
- a producer makes food.
- a predator eats the food.
- prey is the thing being hunted.
- humans and some animals have skeletons and muscles to support them, protect them and to help them to move.
- explain the simple functions of the basic parts of the digestive system in humans.
- humans grow and develop during their lifetime.

The circulatory system



A balanced food plate

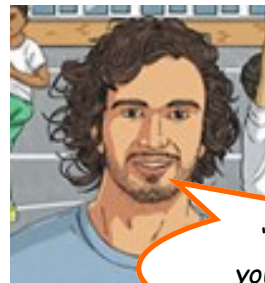


Why should we exercise?



Subject Specific Vocabulary

Circulatory System	The system that transports blood through the whole body.	Chemical	This is a substance that cannot be broken down without changing it.
Heart	The organ that pumps blood.	Legal	This is something we are allowed to do.
Lungs	The organ that breathes in air.	Illegal	This is something we are not allowed to do.
Blood Vessels	Tubes that carry blood through the tissues and organs.	Intestines	This is a tube that runs from the stomach all the way to where waste is released.
Artery	A tube that takes blood filled with oxygen from the heart.	Absorbed	This means taken in or soaked up.
Vein	A tube that carries blood without oxygen back to the heart.	Cells	This is the smallest unit of life.
Nutrients	This is what living things need to grow.	Kidney	These are a pair of organs that excrete urine.
Digestive	This is the process of the breaking down food by the body.	Colon	This is an organ that removes water from digested food.



Joe Wicks wants to get children across the world up and moving.

He says it isn't just all about keeping your body fit, it is about keeping your mind happy and healthy too.

"Never give up. Believe in yourself. And keep grafting!"

Legal or illegal?



Transportation of water in the body

Rehydration—water is drunk through the mouth



Absorption—water is absorbed by the intestines and it is carried in the blood-stream.



Transportation—water is taken in blood to different parts of the body



Excretion—waste water is passed out as urine