

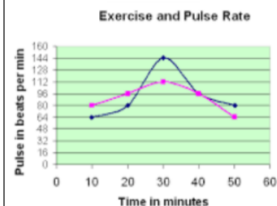
Can I still recall...?

- Which things are living and which aren't?
- How can animals be classified?
- Which animals are carnivores, herbivores and omnivores?
- What do animals and humans need to survive?
- Why is it important for humans to exercise and eat a balanced diet?
- Why do animals and humans have skeletons and muscles?
- Name the basic parts of the digestive system and what they do?
- Name the different types of teeth and their function?
- What happens to humans as they get older?



Key Questions

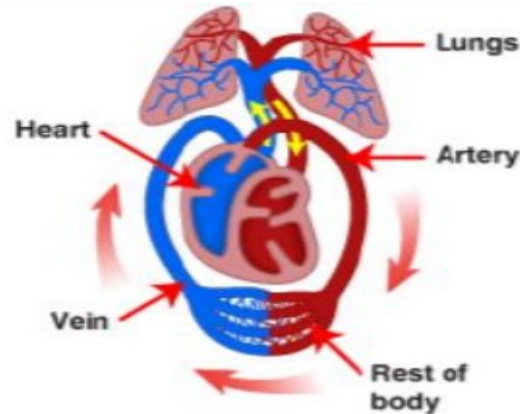
- What are the parts of the circulatory system?
- What is the function of each part of the circulatory system?
- How are nutrients and water transported in animals and humans?
- What can cause harm to the circulatory system?
- Why is exercise so important?
- What is the impact of diet, exercise, drugs and lifestyle on the bodies function?



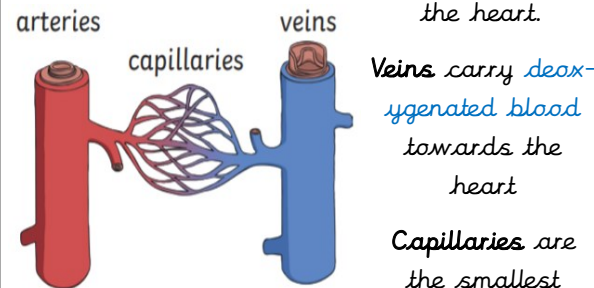
Exercise and Pulse Rate

Our pulse rate increases when we do exercise.

The human circulatory system



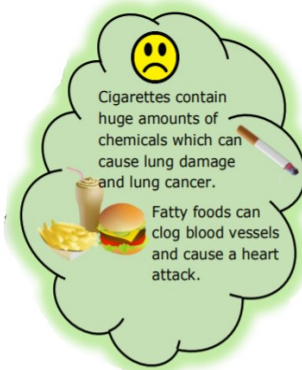
Arteries carry **oxygenated blood** away from the heart.



Veins carry **deoxygenated blood** towards the heart.

Capillaries are the smallest blood vessel in the body and it is where the exchange of water nutrients, oxygen and carbon dioxide takes place.

Staying Healthy



Drugs, alcohol and smoking have negative effects on the body.

A healthy diet involves eating the right type of nutrients.

Vital Vocabulary

Blood	The red liquid that is pumped around the body which transports oxygen, nutrients and water to other parts of your body.
Blood vessels	The narrow tubes which our blood flows through including arteries, veins and capillaries.
Circulatory system	The system which included the heart, veins, arteries and blood transporting substances around the body.
Deoxygenated blood	Blood that doesn't have oxygen in it as the oxygen has been transferred to the rest of the body.
Diet	The sort of food animals or humans eat regularly.
Drugs	A medicine or other substance that has an effect in a person's body.
Exercise	Activity that requires physical effort to sustain or improve health and fitness.
Heart	A muscle that pumps blood around the body.
Lifestyle	The way in which a person lives.
Lungs	Two organs in the ribcage that fill with air when you breath in. They remove carbon dioxide from blood and add oxygen.
Nutrients	Substances that animals need to stay alive and healthy.
Oxygenated blood	Blood that has oxygen in it. It is pumped from the heart to the rest of the body.
Pulse	A regular beating of blood through the body.