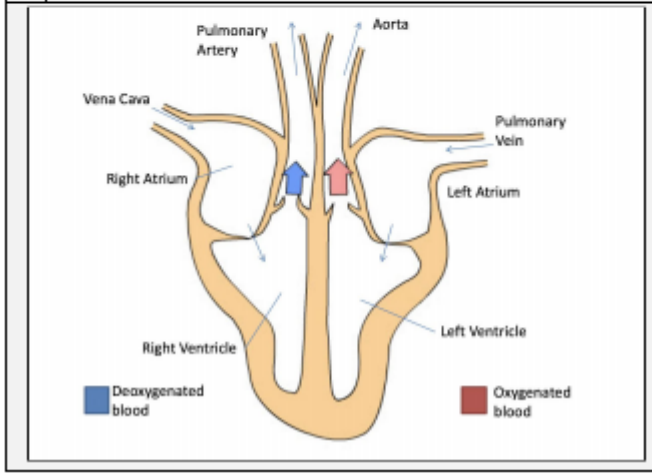
St. Paul's C of E VA Primary and Nursery School
Knowledge Organisers

Year Group: Year 6

Topic: The Circulatory system: The circulatory system is the system that circulates blood through the body.

The Function of the Heart:	
1	**Deoxygenated** blood flows into the heart from the body through the veins
2	This blood is pumped out to the lungs through the **pulmonary artery**
3	Blood is then **oxygenated** in the lungs
4	Blood returns to the heart through the **pulmonary vein**
5	The oxygenated blood is then pumped out of the heart through the **aorta**
6	The blood travels around the body delivering oxygen and nutrients to the organs.



Diet and Lifestyle
Fatty rich foods can **clog** arteries and veins, preventing blood from delivering what is needed.
Exercise can improve the health of a person by removing **fatty deposits** from the body.
Some exercises are called **cardiovascular**, and are designed to improve the fitness of the overall circulatory system by **strengthening** the organs and **pulse rate**.

Phrases About Blood	
bad blood	People have argued about something and dislike each other
bay for blood	demanding that someone should be hurt or punished.
blue blood	from a family that has a high social rank.
make blood boil	makes you very angry.
blood out of a stone	people are not being very helpful when you are getting information or persuading someone to talk
blood, sweat and tears	a very hard thing to do and requires a lot of effort.
blood is thicker than water	loyalty to their family is greater than their loyalty to anyone else.
own flesh and blood	a member of your family.

Vocabulary Dozen	
heart	the organ in your chest that pumps the blood around your body
blood vessels	the narrow tubes through which your blood flows includes the arteries, veins and capillaries
blood	a red fluid that is pumped by the heart and supplies the body with nutrients and oxygen.
veins	blood vessels that carry blood to the heart.
arteries	blood vessels that carry blood away from the heart.
capillaries	microscopic blood vessels found in the muscles and lungs
oxygen	a colourless gas that exists in large quantities in the air. All plants and animals need oxygen in order to live.
lungs	the two spongy organs inside your chest which fill with air when you breathe in. They remove carbon dioxide from blood and add oxygen.
ribcage	the bony structure consisting of the ribs and their connective tissue that encloses and protects the lungs and heart
carbon dioxide	a gas produced by animals and people breathing out
oxygenated	to be enriched with oxygen
deoxygenated	to be depleted of oxygen