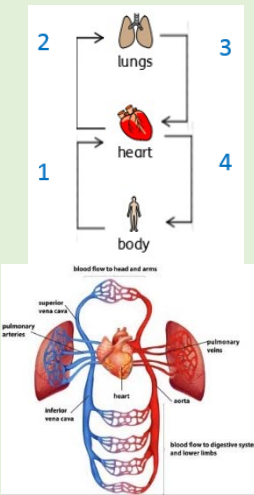


What should I already know?
<ul style="list-style-type: none"> Which things are living and which are not. Classification of animals (e.g. amphibians, reptiles, birds, fish, mammals, invertebrates) Animals that are carnivores, herbivores and omnivores. Animals have offspring which grow into adults. The basic needs of animals for survival (water, food, air) The importance of exercise, hygiene and a balanced diet. Animals get nutrition from what they eat. Some animals have skeletons for support, protection and movement. The basic parts of the digestive system. The different types of teeth in humans. Respiration is one of the seven life processes. The life cycle of a human and how we change as we grow.

What will I know by the end of the unit?
<ul style="list-style-type: none"> Identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood. Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function. Describe the ways in which nutrients and water are transported within animals, including humans.
<ol style="list-style-type: none"> Deoxygenated blood is sent to the heart from the rest of the body. This is then sent from the heart to the lungs. Here, the blood picks up oxygen and disposes of carbon dioxide. Oxygenated blood is then sent back to the heart. The heart sends the oxygenated blood back to the rest of the body. How often your heart pumps is called your pulse
 <p>The diagram illustrates the human circulatory system. It shows the heart in the center, connected to the lungs above and the body below. Arrows indicate the direction of blood flow. 1. Deoxygenated blood flows from the body to the heart. 2. Deoxygenated blood flows from the heart to the lungs. 3. Oxygenated blood flows from the lungs to the heart. 4. Oxygenated blood flows from the heart to the body. Labels include: superior vena cava, inferior vena cava, pulmonary arteries, pulmonary veins, heart, aorta, and blood flow to head and arms, blood flow to digestive system and lower limbs.</p>

Vocabulary	
blood vessels	Blood vessels are a series of tubes inside your body. They move blood to and from your heart.
drugs	A drug is a chemical that is not food and that affects your body. Some drugs are given to people by doctors to make them healthy.
atria	The atria are the two uppermost chambers of the heart. Blood is pushed from the atria to the ventricles.
aorta	The main artery through which blood leaves your heart before it flows through the rest of your body
arteries	A tube in your body that carries oxygenated blood from your heart to the rest of your body
cardiovascular	The blood circulatory system (cardiovascular system) delivers nutrients and oxygen to all cells in the body.
ultrasound	An ultrasound machine uses sound waves to take pictures of the inside of the body
cardiologists	A cardiologist is a doctor with special training and skill in finding, treating and preventing diseases of the heart and blood vessels.
capillaries	Capillaries are very thin blood vessels. They bring nutrients and oxygen to tissues and remove waste products.
pulse	Your heart has to push so much blood through your body that you can feel a little thump in your arteries each time the heart beats.
ventricles	The ventricles are the two lower chambers in the heart.
vein	A tube in your body that carries deoxygenated blood to your heart from the rest of your body

Sticky Knowledge	
<ul style="list-style-type: none"> Your heart will beat about 115,000 times each day. Your heart pumps about 2,000 gallons of blood every day. The entire trip around your body only takes blood about 20 seconds in total. Blood is what is used to transport oxygen, waste, nutrients, and more throughout the body. The circulatory system includes the heart, blood vessels and blood, and is vital for fighting diseases and maintaining proper temperature. Because your heart is crucial to your survival, it's important to keep it healthy with a well-balanced diet and exercise, and avoiding things that can damage it, like smoking. Your heart affects every part of your body. That also means that diet, lifestyle, and your emotional well-being can affect your heart. 	

Assessment – What expected looks like
<p><i>I can describe the functions of the heart, blood vessels, blood and know that the heart is a muscle. I can label a diagram of the circulatory system using the words heart, lungs, blood vessels and blood. I know that eating a balanced diet can help to keep my body healthy and I understand the effects of exercise on my body. I know that foods we eat are broken down into smaller particles and are absorbed into the blood to be transported around my body. I am able to define what a drug is and describe drugs common to everyday life and that these can be addictive. I understand that all medicines are drugs but that not all drugs are medicines and I can recognize some of the effects drugs have on the human body. I can explain how lifestyle choices are important and impact upon my health.</i></p>

