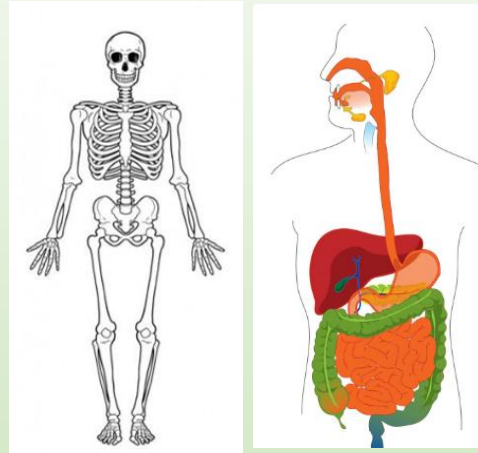




What should I already know?

- I know that humans and many animals need food, water and air to survive.
- I know that exercise, eating well and getting enough sleep help us stay healthy.
- I know that the human body is made up of different parts that have different jobs.
- I know that muscles help us move and that bones support and protect our bodies.
- I know that nutrients from food help our bodies grow and repair themselves.
- I know that living things need to transport important substances around their bodies.
- I know that some lifestyle choices can affect our health.



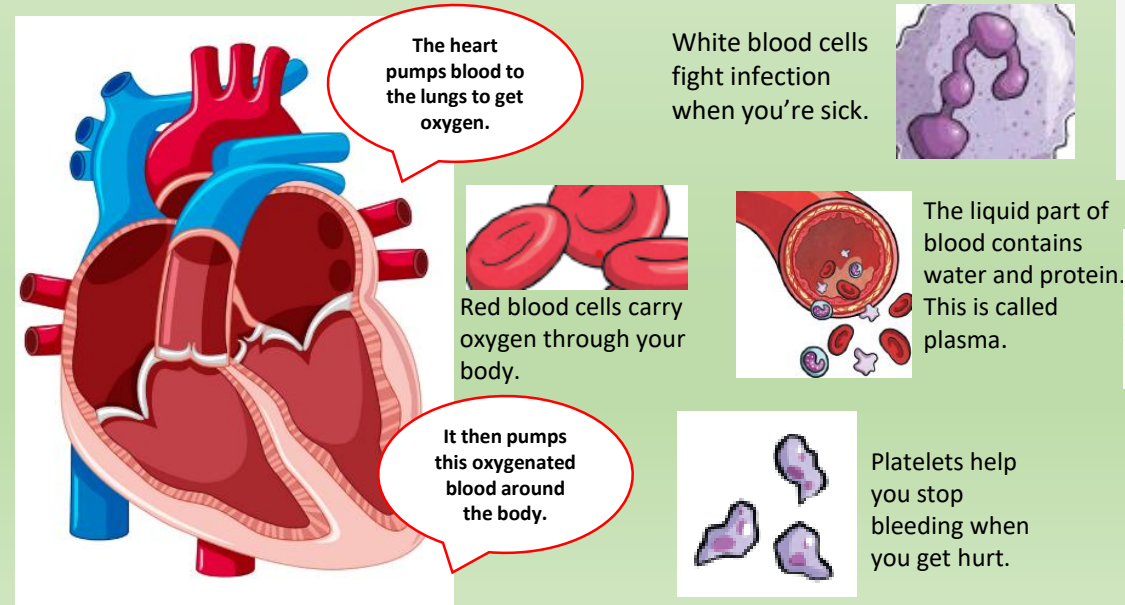
What will I know by the end of this unit?

- I will find out the main parts of the human circulatory system and how they work together.
- I will find out how the heart pumps blood around the body.
- I will find out the roles of the heart, blood vessels and blood.
- I will find out how pulse rate changes during different types of activity.
- I will find out how nutrients and water are transported around the body.
- I will find out why regular exercise is important for keeping the body healthy.
- I will find out how healthy lifestyle choices can improve physical and mental wellbeing.
- I will find out how smoking, alcohol, drugs and other unhealthy lifestyle choices can affect the body.
- I will find out how making informed choices can help me stay healthy throughout my life.

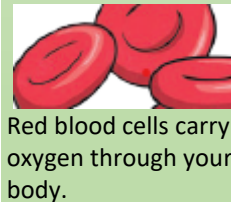


Vocabulary:

Circulatory System	The body's transport system that moves blood, oxygen and nutrients around the body.
Heart	A muscular organ that pumps blood around the body.
Capillary	A tiny blood vessel where oxygen and nutrients pass into body cells.
Lungs	Organs that take oxygen into the body and remove carbon dioxide.
Cardiovascular Health	The health of the heart and blood vessels.
Carbon Dioxide	A waste gas produced by the body and removed through breathing.



White blood cells fight infection when you're sick.



Red blood cells carry oxygen through your body.



The liquid part of blood contains water and protein. This is called plasma.



Platelets help you stop bleeding when you get hurt.



Blood transports:

- gases (mostly oxygen and carbon dioxide)
- **nutrients** (including water)
- waste products.