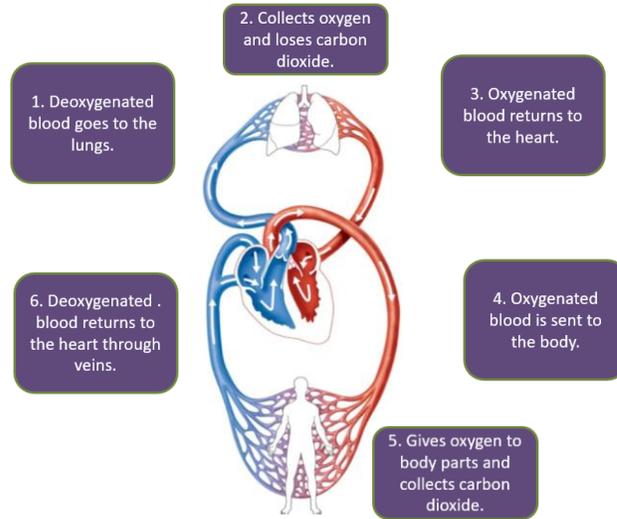


Upper KS2: Staying Alive Knowledge organiser

Subject Specific Vocabulary	
arteries	Arteries are blood vessels that carry blood away from the heart.
blood vessels	Blood vessels are a series of tubes inside your body. They move blood to and from your heart.
capillaries	Capillaries are very thin blood vessels. They bring nutrients and oxygen to tissues and remove waste products.
cardiovascular	The blood circulatory system (cardiovascular system) delivers nutrients and oxygen to all cells in the body.
heart	The organ that pumps blood around the body.
lungs	The organ that gathers in air as part of breathing.
oxygen	The gas in the air that is needed for respiration. Red blood cells collect oxygen from the lungs which is carried around the body.
platelets	Your blood contains many tiny cells called platelets. They help your blood to clot, which means that if you get a cut, some of your platelets stick together to plug the hole in the blood vessel wall caused by the cut.
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.
veins	Veins are blood vessels that carry blood towards the heart.



What you should know by the end of this unit

- Identify and name the main parts of the human circulatory system.
- Know the purpose of the heart, blood vessels and blood.
- Know the impact of diet, exercise, drugs and lifestyle on health.
- Know the ways in which nutrients and water are transported in animals, including humans.

Sticky Knowledge about the circulatory system

- ❑ Blood is made up of plasma which contains cells that have different purposes, including red blood cells that carry oxygen, white blood cells that fight off infection and platelets which repair cuts.
- ❑ It takes blood around 20 seconds to travel around your body. 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 to avoid things that can damage it, like smoking.
- ❑ When you exercise, your muscles have to work harder: they need more oxygen and nutrients so the heart and lungs both work more quickly.