

# Science—Year 6—Animals including Humans

## Key Knowledge

- The body's circulatory system is responsible for transporting nutrients, water, and oxygen to cells in the body and carries away waste such as carbon dioxide.
- The heart, blood and blood vessels the main parts of the human circulatory system,
- The heart pumps blood and keeps the blood moving throughout the body.
- Blood vessels carry blood to every part of the body.
- Blood carries oxygen and nutrients around the body and removes the body's waste products.
- A person's **lifestyle** is the way that they choose to live. This includes how they eat, what exercise they do and how much sleep they get.
- Diet, exercise, drugs and lifestyle have positive and negative effects on the body.
- The benefits of having a healthy diet and regular exercise include:
  - not becoming overweight
  - having more energy
  - faster recovery from injuries
  - being more able to fight off infections
- Drugs are any substances that alter the way that the body works.
- Medicines are drugs which help people get better if they are sick.
- Cigarettes and alcohol contain drugs. If we take too many of these drugs, they can make you sick.
- The NHS website provides people with up to date research and advice about how to maintain a healthy lifestyle.

## Key People

**Joe Wicks MBE** (born 1985), also known as The Body Coach, is a British fitness coach, TV presenter, social media personality and author



## Vocabulary

circulatory system

heart

blood

blood vessels

pumps

oxygen

carbon dioxide

lungs

nutrients

water

balanced diet

exercise

drugs

lifestyle

