



Fair testing



research



Observation over time

Animals inc humans



Pattern seeking



Identify and classify



Problem solving

What affects the health of humans?

Lesson 1 Understanding the function of the heart and the role it plays

How does the heart keep oxygenated and deoxygenated blood apart?



Ventricle, atrium, vessel, circulatory system, valves

Lesson 2 identifying and comparing blood vessels

Why do arteries have a thicker muscle wall?



Vessel, vein, capillary, artery, microscope

Lesson 3 explore blood

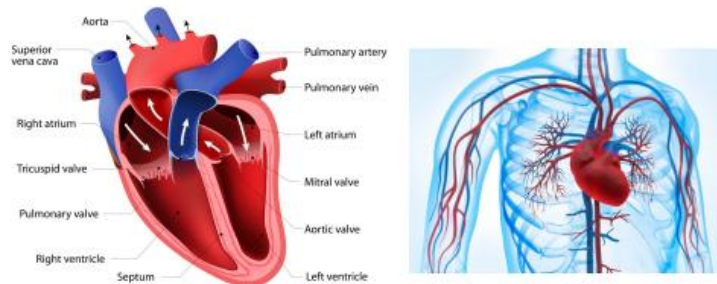
Describe what happens to your blood when you graze your knee.



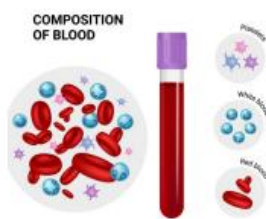
Blood, plasma, red blood cells, white blood cells, platelets

The Heart

The heart pumps **blood**, carrying nutrients and oxygen, around every part of the body.



The red vessels are **arteries** and the blue vessels are **veins**. **Arteries** have thick, muscular walls and carry **oxygenated** blood from the heart to the rest of the body. **Veins** carry **deoxygenated** blood back to the heart and have thinner walls. **Capillaries** are microscopic vessels which link the veins and arteries together.



Red blood cells carry oxygen. **White blood cells** fight infection as part of the immune system. **Platelets** help to clot (thicken) the blood and form a scab. **Plasma** is the fluid part of the blood, which transports

Looking After Our Heart



To keep our **heart** and body healthy, we need to:

- eat a balanced diet (not too much sugar or fat);
- exercise regularly;
- drink approximately 2 litres of water a day;
- limit alcohol intake, in adults;
- get approximately 8 hours of sleep.



Drugs, including alcohol, can cause liver damage, poor sleep, high blood pressure, and different types of cancer. Drugs can be classified into four groups – painkillers, stimulants, depressants and hallucinogens.

Careers connected this topic: doctor, research scientist, physiotherapist, occupational therapist

Year 6

Autumn 1

Lesson 4 learn how the body transports water and nutrients

Explain the terms osmosis and diffusion



Concentration, absorb, osmosis, diffusion, nutrient

Lesson 5 investigate what affects our heart rate

Explain the importance of exercise and healthy lifestyle choices



Pulse, diet, BPM-beats per minute, exercise, heart rate

Lesson 6 learn about the impact of drugs and alcohol

Why is it important to live a healthy lifestyle?

Hallucinogen, painkiller, drug, stimulant, depressant

Lesson 7

Double page spread.

Can you explain all you have learned from this topic?

Vocab-all words from previous lessons.

