

## Key Learning

Identify factors that affect our health and how to reduce their negative impact.

Summarise the key structures and purpose of the circulatory system.

Identify the key roles of blood.

Explore the relationship between animal size and heart rate.

## Key Vocabulary

Balanced diet	a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
Drug	a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.
heart	A hollow muscular organ that pumps the blood through the circulatory system by rhythmic contraction and dilation.
Exercise	An activity requiring physical effort, carried out to sustain or improve health and fitness.
Health	A person's mental or physical condition.
Oxygen	A colourless, odourless reactive gas, the chemical element of atomic number 8 and the life-supporting component of the air.
Pump (verb)	To force a liquid or gas to move somewhere.
Transport	To take or carry (people or goods) from one place to another.
Diet	The kinds of food that a person, animal, or community habitually eats.
Bloodstream	the blood <u>circulating</u> through the body of a person or animal.

## Key Vocabulary

Lifestyle	the way in which a person lives.
Nutrient	a substance that provides <u>nourishment</u> essential for the maintenance of life and for growth.
Blood vessels	A tube through which the blood circulates through the body.
Carbon dioxide	A colourless, odourless gas produced by burning carbon and organic compounds and by respiration.
Circulatory System	The system that circulates blood and lymph through the body, consisting of the heart, blood vessels, blood, lymph, and the lymphatic vessels and glands.
Lungs	A pair of breathing organs located with the chest which remove carbon dioxide from and bring oxygen to the blood.

## Working Scientifically

- Plan different types of scientific enquiries to answer their own or others' questions, including recognising and controlling variables where necessary.
- Use test results to make predictions to set up further comparative and fair tests.