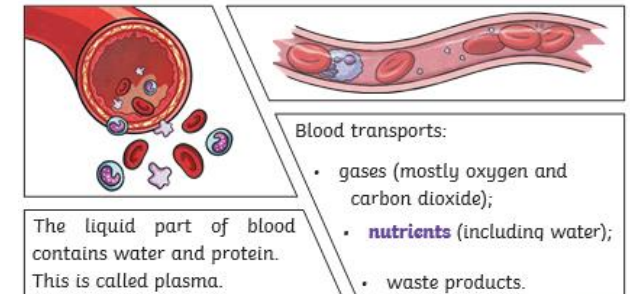
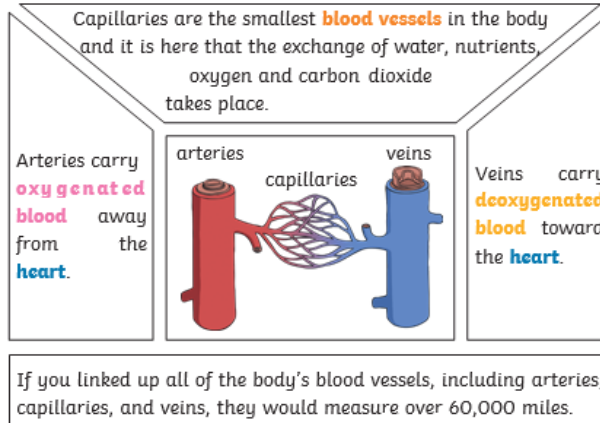




# YEAR 6 – The Human Body Knowledge Organiser Autumn 2



<b>circulatory system</b>	A system which includes the heart, veins, arteries and blood transporting substances around the body.
<b>heart</b>	An organ which constantly pumps blood around the <b>circulatory system</b> .
<b>blood vessels</b>	The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.
<b>oxygenated blood</b>	<b>Oxygenated blood</b> has more oxygen. It is pumped from the <b>heart</b> to the rest of the body.
<b>deoxygenated blood</b>	<b>Deoxygenated blood</b> is blood where most of the oxygen has already been transferred to the rest of the body.



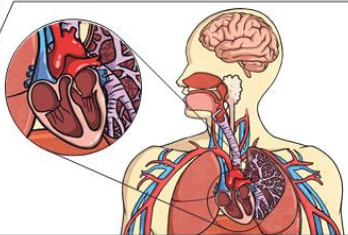
## Regular exercise:

- strengthens muscles including the heart muscle;
- improves circulation;
- increases the amount of oxygen around the body;
- releases brain chemicals which help you feel calm and relaxed;
- helps you sleep more easily;
- strengthens bones.

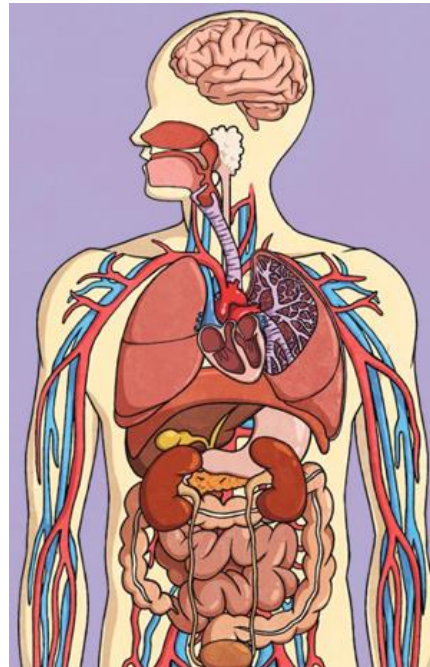
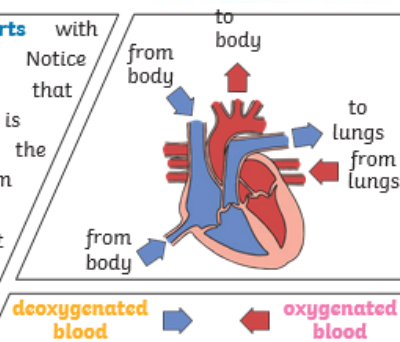
It can even help to stop us from getting ill.



The **heart** pumps blood to the lungs to get oxygen. It then pumps this **oxygenated blood** around the body.



Mammals have **hearts** with four chambers. Notice how the blood that has come from the body is **deoxygenated**, and the blood that has come from the lungs is **oxygenated** again. The blood isn't actually red and blue: we just show it like that on a diagram.



<b>drug</b>	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
<b>alcohol</b>	A <b>drug</b> produced from grains, fruits or vegetables when they are put through a process called fermentation.
<b>nutrients</b>	Substances that animals need to stay alive and healthy.