

Knowledge Organiser

Science Focus	Animals, including humans	Year 6	Autumn 1
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What? (Key Knowledge)	
The human circulatory system	
The main parts of the circularity system	<ul style="list-style-type: none"> • Heart • Blood Vessels • Blood
What does the heart do?	<ul style="list-style-type: none"> • The heart pumps the blood through blood vessels so that the food and oxygen can get to all the parts of the body
What do the blood vessels do?	<ul style="list-style-type: none"> • The blood vessels carry the blood around the body.
3 main types of blood vessel	<ul style="list-style-type: none"> • The arteries – carry the blood away from the heart • The capillaries – enable the actual exchange of energy between the blood and the tissues • The veins – carry blood from the capillaries back towards the heart
What does the blood do?	<ul style="list-style-type: none"> • Blood moves food and oxygen around the body
Healthy Lifestyle	
Things humans need to be healthy	<ul style="list-style-type: none"> • To have a balanced diet of the right amount of different types of food and drink • To exercise regularly • To be hygienic
What is a balanced diet	<ul style="list-style-type: none"> • See the Eatwell Guide: https://www.gov.uk/government/publications/the-eatwell-guide • Drink 6-8 glasses of fluid each day

Health risks that can damage the body	<ul style="list-style-type: none"> • Smoking • Drugs • Alcohol • Obesity
Dangers of smoking	<ul style="list-style-type: none"> • Addictive • Can cause heart disease and cancer
Dangers of drugs	<ul style="list-style-type: none"> • Addictive • Can damage the brain or cause death
Dangers of alcohol	<ul style="list-style-type: none"> • OK in small amounts for adults • Can damage the liver, heart and stomach
• Statutory requirements	
<ul style="list-style-type: none"> • Identify and name the main parts of the human circulatory system, and explain the functions of the heart, blood vessels and blood • Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function • Describe the ways in which nutrients and water are transported within animals, including humans. 	

What? (Key vocab)	
Spelling	Definition
Oxygen	A key part of the air we breathe in
Addictive	Substance that causes you to need more and more (out of control)
Vein	A blood vessel that carries blood that is low in oxygen towards the heart
Artery	A blood vessel that carries blood away from the heart
Capillaries	Tiny blood vessels that bring oxygen and nutrients to the tissues and remove waste products

Possible experiences
<ul style="list-style-type: none"> • Making a circulatory system with a pump • Making your own blood with edible ingredients - https://www.risingstars-uk.com/blog/may-2018/a-bloody-investigation • Finding out what causes the heart to work harder/maximise heart rates or reverse through guided meditation