



# Knowledge Organiser for Foundation Subjects in St Margaret Mary's Catholic Junior School

Loving, learning, growing together with Jesus

**Subject:** Science

**Year Group:** 6

**Term:** Autumn

**Topic:** Living things including humans.

## Vocabulary Bank

Vocabulary	Definition
Circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
Heart	An organ which constantly pumps blood around the circulatory system.
Blood vessels	The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.
Oxygenated blood	Oxygenated blood has more oxygen. It is pumped from the heart to the rest of the body.
Deoxygenated blood	Deoxygenated blood is blood where most of the oxygen has already been transferred to the rest of the body.
Drug	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
Alcohol	A drug produced from grains, fruits or vegetables when they are put through a process called fermentation.
Nutrients.	Substances that animals need to stay alive and healthy.

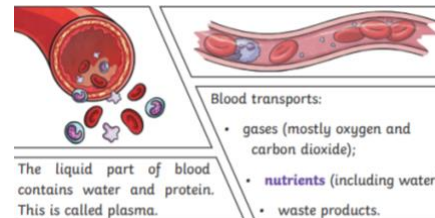
## Key Facts

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.
- Help to stop us from getting ill.

- 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.

- Capillaries are the smallest blood vessels in the body and it is here that the exchange of water, nutrients, oxygen and carbon dioxide takes place.



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

- Plasma is liquid. The other parts of your blood are solid. Red blood cells carry oxygen through your body. Platelets help you stop bleeding when you get hurt. A healthy diet involves eating the right types of nutrients in the right amounts. Drugs, alcohol and smoking have negative effects on the body.

**Apply it**

Research an illness and produce an informative report on how it affected the human body and how drugs or healthy living helped treat the negative effects.