

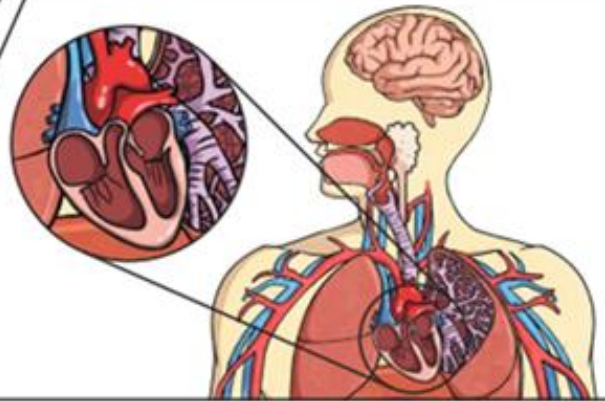
Blood Heart —Year 6 —Autumn 2

Interesting Books

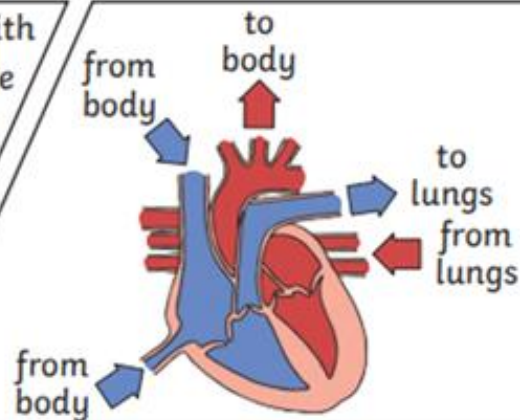


The **heart** pumps blood to the lungs to get oxygen.

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.



deoxygenated blood



oxygenated blood

Subject Specific Vocabulary

circulatory system	The blood circulatory system (cardiovascular system) which includes the heart, veins, arteries and blood delivers nutrients and oxygen to all cells in the body.
blood vessels	Blood vessels are a series of tubes inside your body. They move blood to and from your heart. Veins, arteries and capillaries are the three types of blood vessels.
veins	Blood vessels that carry blood to the heart.
arteries	Blood vessels that carry blood to the heart.
capillaries	Microscopic blood vessels found in the muscles and lungs
heart	An organ which constantly pumps blood around the circulatory system .
atrium	The atria are the two uppermost chambers of the heart . Blood is pushed from the atriums to the ventricles.
ventricles	The ventricles are the two lower chambers in the heart .
lungs	Two spongy organs inside your chest which fill with air when you breathe in. They remove carbon dioxide from blood and add oxygen.
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.
drugs	A drug is a chemical that is not food and that affects your body. Some drugs are given to people by doctors to make them healthy.
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.

The Heart

The **heart** is a hardworking muscle that pumps blood around the body. The muscle, which is fist-sized, sits behind the rib cage – slightly to the left. The heart consists of four chambers: two **atria** (at the top) and two **ventricles** (at the bottom). Beating over 100,000 times a day, the heart works by alternately contracting the atria, causing the blood to be squeezed into the ventricles followed by the ventricles which sent the blood around the rest of the body.

Blood Vessels

Arteries carry **oxygenated blood** away from the **heart**.

Veins carry **deoxygenated blood** towards the **heart**.

Capillaries are the smallest **blood vessels** in the body and this is where the exchange of water, **nutrients**, **oxygen** and **carbon dioxide** take place.

Blood

Blood transports: gases (mostly oxygen and carbon dioxide); **nutrients**(including water) and waste products. It is made of four main components:

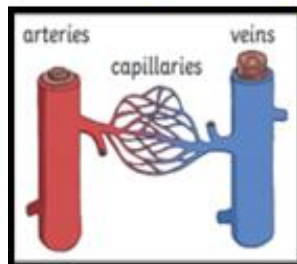
- Plasma is the liquid part of the blood and contains water and protein
- Platelets help you stop bleeding if you cut yourself
- Red blood cells carry oxygen around the body.
- White blood cells help your body fight infections.

The lungs

Did you know you breathe 13 pints of oxygen a minute? The lungs are essential for this task as that is the location where oxygen is absorbed into our blood-stream. The right lung is bigger than the left lung as the left lung needs to make space for the heart. Surprisingly, people can live with only one lung however it can be a risk to their health. There are lots of other interesting facts about your lungs such as their ability to float in water and the fact that their surface area is the same size as a tennis court.

Healthy Lifestyles

Regular exercise strengthens bones and muscles, including the heart, and improves circulation. It also increases the amount of oxygen around the body and causes the brain to release chemicals which help you feel calm and relaxed. Eating plenty of fruit and vegetables, being careful not to eat too much salt or saturated fat and reducing sugary food intake can help towards keeping your heart healthy.



English

Key texts:

- Cogheart, How the Grinch stole Christmas

Writing genres:

- Setting descriptions, Narratives, Information texts, Poetry

SPaG: synonyms, antonyms, active and passive voice, plural.

Reading texts: Cogheart, Holes



Maths

Fractions

Equivalent and simplifying
Comparing and ordering
Mixed and improper fractions
Adding, subtracting, multiplying and dividing
Fractions of an amount

Converting units

Converting and calculating with metric measures
Imperial measures

Shape

Measure, classify and calculate angles
Angles in a shapes

Geography

Develop an awareness of lines of latitude, longitude, time and climate zones

PE

Tag rugby and orienterring

Music

Knowing the features of Blues music and playing and improvising following a Blues style and structure

Art

3D sculptures from 2D art
Developing drawing skills

RE

How and why do Christians try and make the world a better place?

Computing

Coding—designing a simple game
Writing a blog post

French

Les planètes (The planets)

PSHE

Celebrating differences