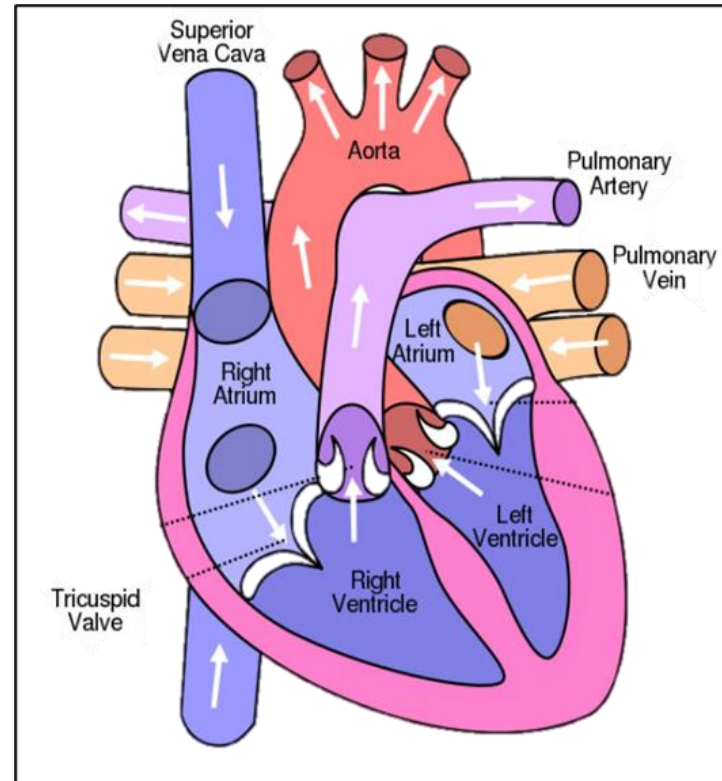


# Animals including Humans

| Key vocabulary            |  |
|---------------------------|--|
| <b>blood</b>              | The red liquid pumped around the body by the heart. It transports oxygen, nutrients and water to all the parts of the body.      |
| <b>blood vessels</b>      | The narrow tubes which our blood flows through including the arteries, veins and capillaries.                                    |
| <b>circulatory system</b> | This circulates blood through the body. It consists of the heart, blood and blood vessels.                                       |
| <b>diet</b>               | The sort of food animals or humans regularly eat.  |
| <b>drugs</b>              | A medicine or other substance that has an effect in a person's body.   |
| <b>exercise</b>           | Activity that requires physical effort, carried out to sustain or improve health and fitness.                                    |
| <b>heart</b>              | The heart pumps blood around your body.  |
| <b>lifestyle</b>          | The way in which a person lives.   |
| <b>lungs</b>              | Two organs situated in the ribcage that fill with air when you breathe in. They remove carbon dioxide from blood and add oxygen. |
| <b>pulse</b>              | Each time the heart beats it can be felt as a pulse in the arteries. Typically, in the wrist and neck.                           |

## Why is exercise important?

Exercise can increase fitness, make you feel physically and mentally healthier, strengthen your heart and improve your lung function.



## Healthy bodies

Diet, exercise, drugs and other lifestyle choices have an impact on how our bodies function. This can affect how well our heart and lungs work and how fit and well we feel.

Some choices such as smoking, drinking alcohol and obesity can be harmful to our health.

## The Human Circulatory System

- The circulatory system is your body's delivery system. It is made up of your heart, blood and blood vessels.
- The human body needs a constant supply of blood to keep working. Blood delivers oxygen to all the body's cells - without this, cells would die. The circulatory system gets blood (and the oxygen) all around your body.
- The heart pumps blood to the lungs via the pulmonary artery, where it picks up oxygen. It is then returned to the heart through the pulmonary vein.
- The heart then pumps the oxygenated blood to the rest of the body through the aorta and the other arteries.
- The heart is made up of four sections, called chambers. There are two sides to the heart (right and left) each of which have an atrium (at the top) and a ventricle (at the bottom).
- The job of the 'atria' (the word for the two atriums) is to fill with the blood returning to the heart before pushing it to the ventricles.
- The left atrium receives blood from the lungs and the right atrium receives it from the rest of the body.
- The job of the ventricles is to push the blood out of the heart. The left ventricle pushes blood to the lungs and the right ventricle pushes blood to the rest of the body.

# **Animals including Humans**