

Year 6 – Animals, including Humans

ALP Trust 2020-2021

Language for Learning

Through the activities in this topic, pupils should **understand and use key scientific words precisely** - spelling these words correctly. This includes - words with precise scientific meanings (e.g. weight and mass), words with different meanings in scientific and everyday contexts (e.g. drag) and words relating to scientific enquiry (e.g. variable).

Key Scientific Words

Key Word	Definition (Meaning)
Circulatory System	The name for all of the parts of the body that are involved in transporting blood around the body.
Heart	The part of the body that pumps blood around the body
Blood Vessels	The 'tubes' that blood travels through
Blood	A fluid that transports oxygen, nutrients, water and other substances
Arteries	Blood vessels that carry blood away from the heart
Veins	Blood vessels that carry blood back to the heart
Capillaries	Tiny blood vessels that connect arteries and veins – and that allow substances to pass into and out of the blood
Circulation	The name for the movement of blood around the body
Diet	The range of food that a person regularly eats
Exercise	Physical activity that helps to keep us healthy
Drug	A substance that affects how the body works
Addictive	A substance that makes you feel like you can't do without it
Nicotine	An addictive drug found in cigarettes
Alcohol	An addictive drug found in alcoholic drinks
Balanced diet	A diet made up of the correct amounts of food substances for health
Deficiency disease	A shortage of a specific food substance
Obesity	Having too much fat on the body
Fitness	Being in good health and physical condition

Key Learning

The **Circulatory System** is the name for all of the parts of the body that are involved in transporting blood around the body.

Parts of the Circulatory System include the **heart, blood vessels and blood**.

Blood is a fluid that transports oxygen, nutrients, water and other substances around our bodies.

The **heart** is made of muscle and acts as a **pump** - pumping blood around the body.

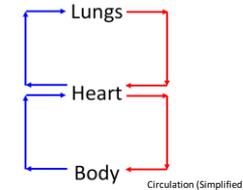
Blood travels through 'tubes' called **blood vessels**. There are three main types of blood vessel:

Arteries - carry blood away from the heart

Veins - carry blood back towards the heart

Capillaries - are tiny blood vessels that connect arteries to veins. They allow oxygen, nutrients and other substances to pass into and out of the blood

The movement of blood around the body is called **circulation**. A simplified picture of circulation is shown below. Your teacher will discuss circulation with you in more detail.



Diet, exercise and drugs all have an effect on our bodies.

A **drug** is a substance that affects the way our bodies work.

Some drugs and other substances can be **harmful and damage the human body**.

Cigarettes contain a drug called **nicotine** which is addictive (you feel that you cannot do without it). The substances in cigarette smoke cause disease.

Alcohol is also addictive and can have serious long-term side effects. For example, too much alcohol can lead to liver disease.

A **balanced diet** is essential to health. A shortage of a particular substance can cause a **deficiency disease** (For example, Scurvy - which is caused by a shortage of Vitamin C)

Eating **too much** can also cause problems. For example, obesity and heart disease. Being obese (obesity) means having too much fat on the body.

Fitness means being in good health and physical condition. As well as eating a balanced diet and not smoking or drinking too much alcohol - regular **exercise** is essential to being fit. **Regular exercise** helps keeps our heart in good condition and our bones and muscles strong.

With your teacher - you will further study the impact of diet, exercise, drugs and lifestyle.