


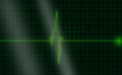










# Science Knowledge Organiser—Year 5/6 Cycle B



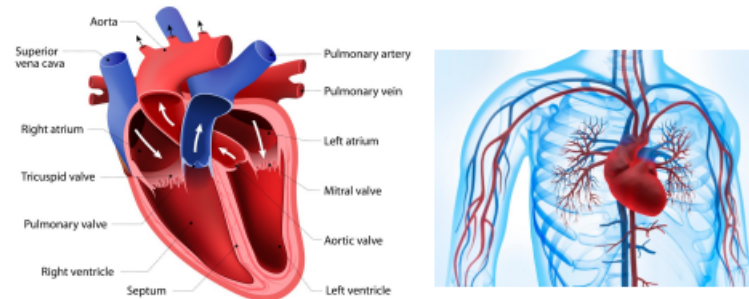
St Mary's &  
St Benedict's  
RC Primary School

## Animals including Humans

	circulatory system
	BPM
	diet
	pulse
	oxygenated
	deoxygenated
	atrium
	ventricle
	vessel
	valve
	diffusion
	osmosis

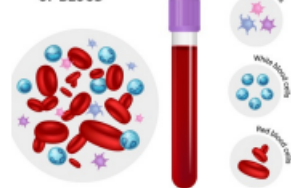
### The Heart

The **heart** pumps **blood**, carrying nutrients and oxygen, around every part of the body.



The red vessels are **arteries** and the blue vessels are **veins**. **Arteries** have thick, muscular walls and carry **oxygenated** blood from the **heart** to the rest of the body. **Veins** carry **deoxygenated** blood back to the heart and have thinner walls. **Capillaries** are microscopic vessels which link the veins and arteries together.

#### COMPOSITION OF BLOOD



**Red blood cells** carry **oxygen**. **White blood cells** fight infection as part of the immune system. **Platelets** help to clot (thicken) the blood and form a scab. **Plasma** is the fluid part of the blood, which transports

### Looking After Our Heart



To keep our **heart** and body healthy, we need to:

- eat a balanced diet (not too much sugar or fat);
- exercise regularly;
- drink approximately 2 litres of water a day;
- limit alcohol intake, in adults;
- get approximately 8 hours of sleep.



Drugs, including alcohol, can cause liver damage, poor sleep, high blood pressure, and different types of cancer. Drugs can be classified into four groups – painkillers, stimulants, depressants and hallucinogens.