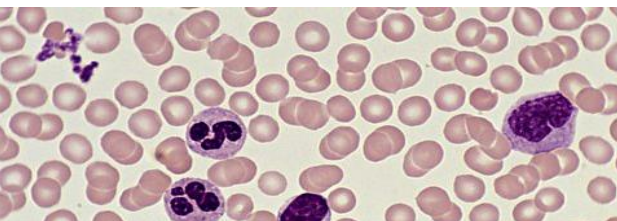


Intro:

We see and hear about hearts everywhere. A long time ago, people thought that their emotions came from their hearts, maybe because the heart beats faster when a person is scared or excited. Now we know that emotions come from the brain, and in this case, the brain tells the heart to speed up. So what does the heart do? How does it keep busy? What does it look like? Let's find out.



Key Vocabulary:

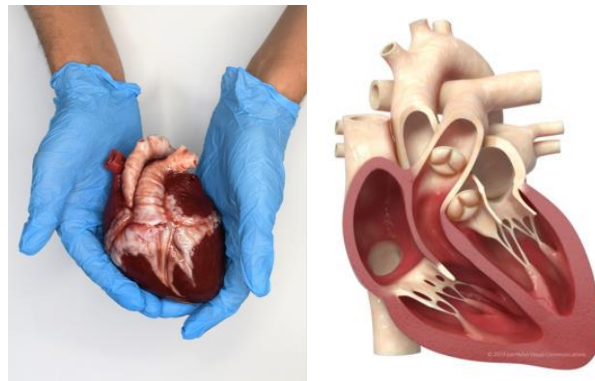
- 1 – chamber – your heart has four. These assist with pumping blood.
- 2 – pulse – your heart rate.
- 3 – circulation – a repeating loop.
- 4 – hydrate – to have enough water in the body to work efficiently.
- 5 – reaction – response to a change.
- 6 – conclusion – a final judgement.

Learning Journey:

1. The parts of the Heart and it's functions
2. Investigation – Heart Rates
3. The parts of blood and it's functions
4. The importance of water
5. The effects drugs have on our bodies
6. The Fitness Club

Year 6: Circulation (Animals including Humans)

WALT: present our finding through the fitness club



Key Facts: What is the circulatory system?

The heart pumps blood in the blood vessels around to the lungs. Oxygen goes into the blood and carbon dioxide is removed. The blood goes back to the heart and is then pumped around the body. Nutrients, water and oxygen are transported in the blood to the muscles and other parts of the body where they are needed. As they are used, they produce carbon dioxide and other waste products. Carbon dioxide is carried by the blood back to the heart and then the cycle starts again as it is transported back to the lungs to be removed from the body. This is the human circulatory system.

Key Facts: How do we keep our heart healthy?

The majority of people are born with a healthy working heart and it's important to keep it working and in good condition. Below are different ways we keep our hearts healthy (which can feel tricky because we don't actually see it working):

- . The heart is a muscle – exercise it and be active (key exercise: huffing and puffing)
- . Eat a variety of foods that come from different food groups
- . Eat less foods that is high in saturated fats (these are unhealthy fats that are ok for your body in small amounts)
- . Eat less high sugar foods (these cause chemical reactions that create temporary changes in the body and side effects)
- . Avoid dangerous substances e.g. nicotine. These have no positive effects on the body and cause damage over time.

Interleaved Links:

Science: Animals including Humans – Digestion - Year 4
Class Read: Pig Heart Boy – Year 6.

Scientific Enquiry: Observation

Question: How does my heart rate change over the day?