

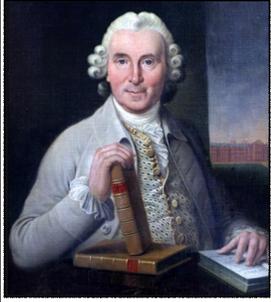
Knowledge Organiser- Theme: Heroes and Villains

The 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 constant supply of blood to keep working. Blood delivers oxygen to all of 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.
- Veins are vessels that bring blood back to the heart.

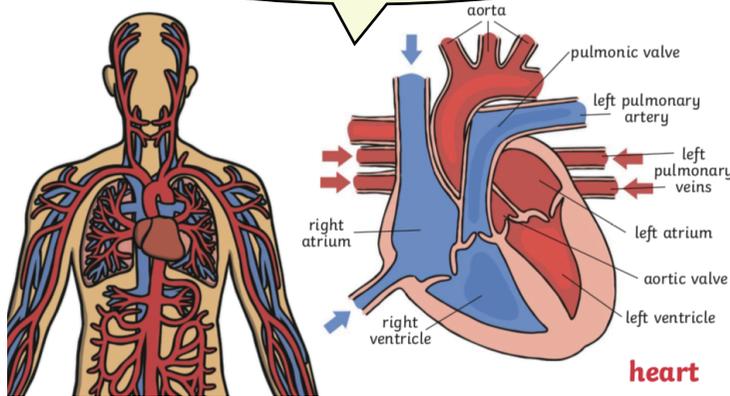
Health Heroes

James Lind
(1716-1794): Carried out experiments to discover the cause of scurvy. **Scurvy** is a disease resulting from a lack of vitamin C.



How it works

The heart is an organ that works constantly to pump blood around the body. The heart is made up of four sections, called chambers. There are two sides to the heart each of which have an atrium and a ventricle.



Key word	Defintion	Explanation
Heart	a hollow organ that pumps blood through the circulatory system	
heartbeat	the pulsation of the heart	
pulse	a rhythmical throbbing of the arteries as blood travels through them, typically felt in the wrists or neck	
pulse rate	the number of heartbeats per minute	
muscle	a tissue of the body consisting of long cells that can contract and produce movement	
blood vessel	a tubular structure carrying blood through the tissues and organs	
lung	organs within the ribcage, consisting of sacs with branching passages into which breath is taken, so that oxygen can pass into the blood and carbon dioxide be removed	
oxygen	a colourless, odourless gas, the life-supporting component of air	
oxygenated blood	blood that carries oxygen from the lungs to the heart and to the rest of the body	
deoxygenated blood	blood that is carrying more of carbon dioxide to be removed from the body	
carbon dioxide	a colourless, odourless gas produced by respiration. It is absorbed by plants in photosynthesis.	
circulate	move continuously in a closed system or area	
circulatory system	The circulatory system is your body's delivery system of blood. It is made up of your heart, blood and blood vessels	
organ	a part of an organism which has a specific vital function	
Diet	the kinds of food that a person or animal habitually eats	
drugs	a chemical that has an effect on your body	
lifestyle	the way in which a person lives	
body function	are the functions of body systems	
healthy	in a good physical or mental condition; in good health	
nutrients	substance that provide nourishment essential for life and growth	

Impact of Diet, Exercise and Drugs

A healthy, balanced diet can have a huge effect on a persons health. People who eat the right balance of fresh, healthy foods are less prone to chronic illnesses and diseases.



Exercise

As we exercise, our muscles need more oxygen. So, we breathe quicker, helping our lungs to take in more oxygen.

Drugs

Some drugs are prescribed by doctors to make people healthy. Other illegal drugs can have a dangerous effect on health.

