



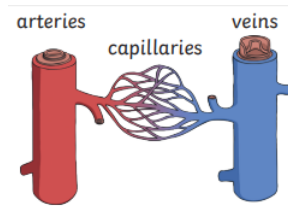
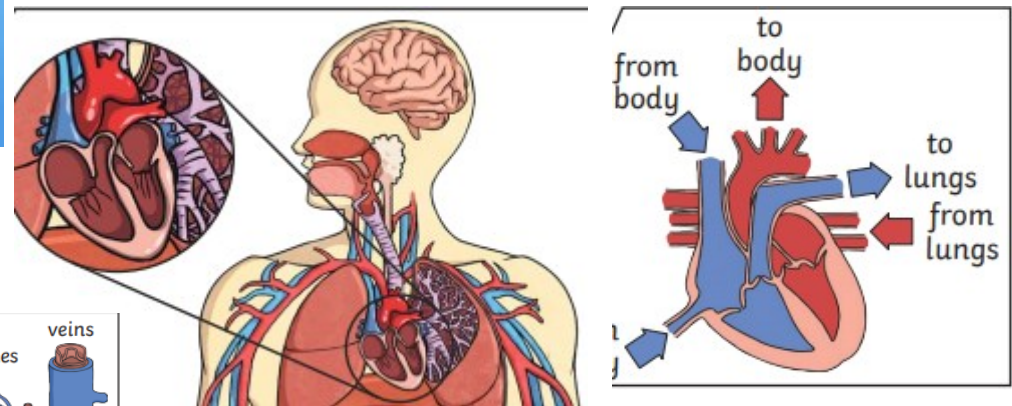
## How do humans get oxygen they need? How does your heart beat?

Word	Definition
Circulatory system	A system which involves the heart, and lungs which transports sub-
heart	Muscular organ that pumps blood around the body
lungs	2 organs in the chest which transfer oxygen to the blood
artery	Blood vessel taking blood away from the heart
vein	Blood vessel taking to the heart
pulse	Regular beating of the heart
respiration	Action of breathing
De oxygenated blood	Blood which has had oxygen removed and used by the body



### Key Knowledge and Concepts

Different systems in the body carry out different functions  
The circulatory system—pumps blood around the body



The heart has a double circulation—oxygenated blood is transported from the lungs to the body and deoxygenated blood returns to the heart so it can be pumped to the lungs to be oxygenated.

Nutrients are transported around the body in the blood vessels

Exercise increases your pulse rate and helps to keep your heart healthy



**Drugs, alcohol** and smoking have negative effects on the body.

A healthy diet involves eating the right types of **nutrients** in the right amounts.

