



## St Bernadette's Catholic Primary School -Sycamore Class

### Animals Including Humans

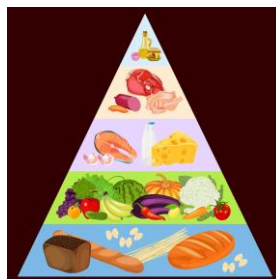
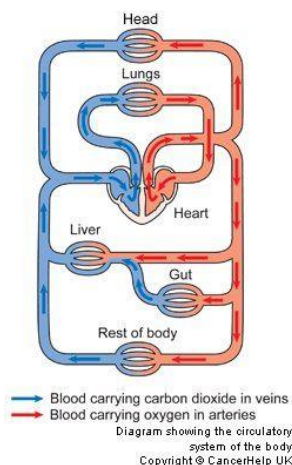
Gospel Value  
Awe and Wonder

#### What I should know already-

Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. (Y2 - Animals, including humans) • Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat. (Y3 - Animals, including humans) • Describe the simple functions of the basic parts of the digestive system in humans. (Y4 - Animals, including humans) • Identify the different types of teeth in humans and their simple functions. (Y4 - Animals, including humans)

#### Key Knowledge

- 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
- Diet, exercise, drugs and lifestyle have an impact on the way our bodies function. They can affect how well our heart and lungs work, how likely we are to suffer from conditions such as diabetes, how clearly we think, and generally how fit and well we feel. Some conditions are caused by deficiencies in our diet e.g. lack of vitamins



#### Key Vocabulary

**Circulatory System-** A system which includes the heart, veins, arteries and blood transporting substances around the body.

**Heart-** An organ which constantly pumps blood around the circulatory system.

**Blood vessels-** The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.

**Oxygenated blood-** Has more oxygen. It is pumped from the heart to the rest of the body.

**Deoxygenated blood-** Is blood where most of the oxygen has already been transferred to the rest of the body.

**Drug-** A substance containing natural or man-made chemicals that have an effect on your body when it enters your system.

**Alcohol-** A drug produced from grains, fruits or vegetables when they are put through a process called fermentation.

**Nutrients-** Substances that animals need to stay alive and healthy.