

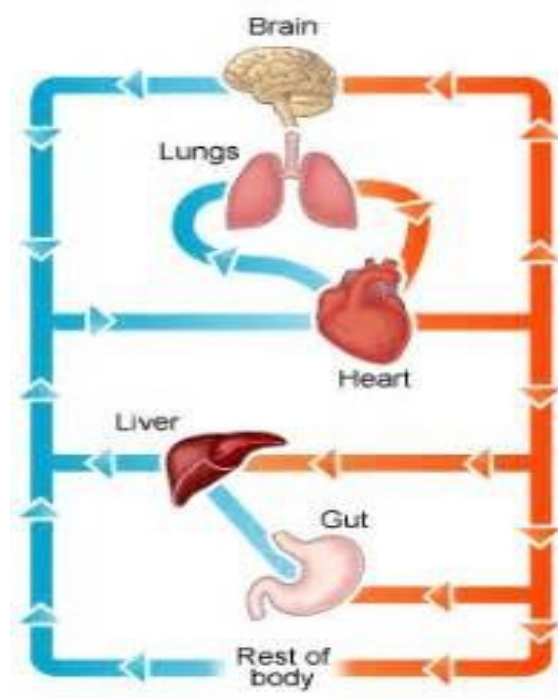
# National CE Junior School Knowledge Organiser


<b>Science Focus:</b>	<b>Animals, including humans</b>	<b>Year 6</b>	<b>Summer Term</b>
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What? (Key Knowledge)	
The Human Circulatory System	
The main parts of the human circulatory system	Heart Blood vessels Blood (red cells carry oxygen and white cells fight infections and illnesses)
What does the heart do?	<ul style="list-style-type: none"> <li>The heart pumps the blood through the blood vessels so that food and oxygen can get to all the parts of the body</li> </ul>
What do the blood vessels do?	<ul style="list-style-type: none"> <li>The blood vessels carry the blood around the body</li> </ul>
There are three main types of blood vessels	<ul style="list-style-type: none"> <li><b>The arteries</b>, which carry the blood away from the heart</li> <li><b>The capillaries</b>, which enable the actual exchange of energy between the blood and the tissues</li> <li><b>The veins</b>, which carry blood from the capillaries back toward the heart</li> </ul>
What does the blood do?	<ul style="list-style-type: none"> <li>Blood moves food and oxygen around the body.</li> </ul>
Healthy Lifestyle	
Things humans need to be healthy	<ul style="list-style-type: none"> <li>To have a balanced diet of the right amount of different types of food and drink</li> <li>To exercise regularly &amp; be hygienic</li> <li>Changes during puberty</li> </ul>
What is a balanced diet?	<ul style="list-style-type: none"> <li>See the Eatwell guide: <a href="http://www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf">http://www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf</a></li> <li>Drink 6-8 cups/glasses of fluids each day</li> </ul>
Health risks that can damage the body	<ul style="list-style-type: none"> <li>Smoking</li> <li>Drugs</li> <li>Alcohol</li> <li>Obesity</li> </ul>
Dangers of smoking	<ul style="list-style-type: none"> <li>Addictive</li> <li>Can cause heart disease and cancer</li> </ul>
Dangers of drugs	<ul style="list-style-type: none"> <li>Addictive</li> <li>Can damage the brain or cause death</li> </ul>
Dangers of alcohol	<ul style="list-style-type: none"> <li>Ok in small amounts for adults</li> <li>Can damage the liver, heart and stomach</li> </ul>
Dangers of obesity	<ul style="list-style-type: none"> <li>Can cause heart disease</li> <li>Can lead to cancer</li> </ul>

What? (Key Vocabulary)	
Spelling	Definition/Sentence
Oxygen	The air we breathe in
Addictive	Substance that causes you to need more and more (out of control)

### Diagrams and Symbols





Prior Learning	
	<ul style="list-style-type: none"> <li>Describe the importance of exercise</li> <li>Identify that animals, including humans, need the right typed and amount of nutrition.</li> <li>Describe the simple functions of the basic parts of the digestive system in humans</li> </ul>