

Blood



I can describe the journey of blood around the circulatory system.

I know that the heart is an important muscle located in the cavity between the lungs.

I know the components and functions of blood.

I can name the different types of blood vessel and describe the differences.

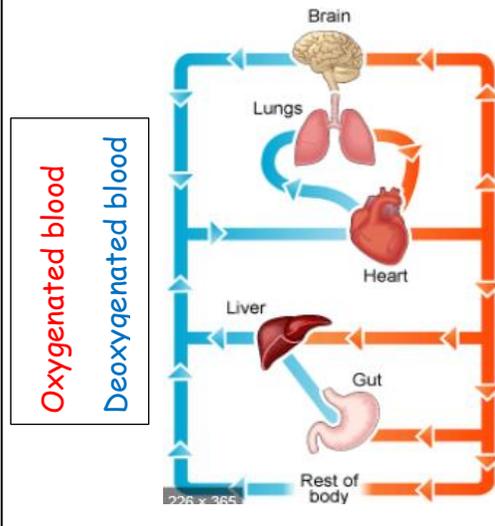
I know some common heart health problems and how people are affected by them.

I know how to keep my own heart fit and healthy.

Key Vocabulary

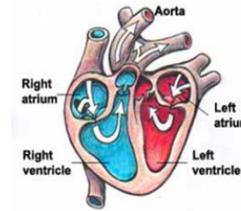
Antibody
Blood vessel
Haemoglobin
Immunity
Nutrient
Atria
Ventricle
Valve
Dissect
Transplant

The circulatory system is responsible for transporting nutrients, oxygen and water about the body.



The heart is the most important muscle in your body and has 4 chambers.

It acts as a pump to push between 4 and 6 litres of blood around the system.



Blood is made up of: plasma, red blood cells, white blood cells and platelets.

Plasma: Carries the nutrients and hormones around the body.

White blood cells: Like little warriors in the blood waiting to attack invaders like viruses and bacteria.

Red blood cells: Carry the oxygen around your body

Platelets: Help with clotting - if there is a cut, the platelets stick together to plug the hole. This makes a scab.

Types of blood vessel:

Arteries: carry blood away from the heart.

Veins: carry blood towards the heart.

Capillaries: allow food and gases to move in and out of the blood.

Cardiovascular disease:

Cardiovascular disease is a group of problems that can happen when the heart and blood vessels aren't working the way they should.

You can't catch heart disease like a cold or flu, but certain risk factors increase a person's chances of having heart problems. Some risk factors you can control and some you can't.



Heart-Healthy habits!

Heart problems in children are not very common but by starting heart-healthy habits now, you can reduce the risk of having to worry about them when you are older.

Your heart will thank you later for eating healthily, exercising regularly and never smoking.

