

Science

**The circulatory system
and a healthy lifestyle**

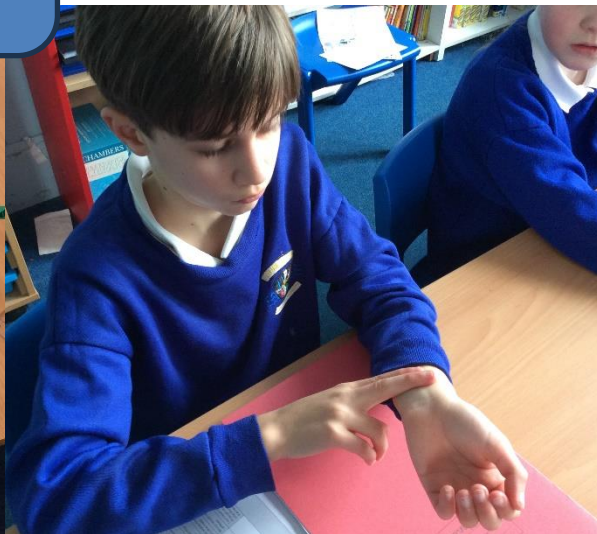
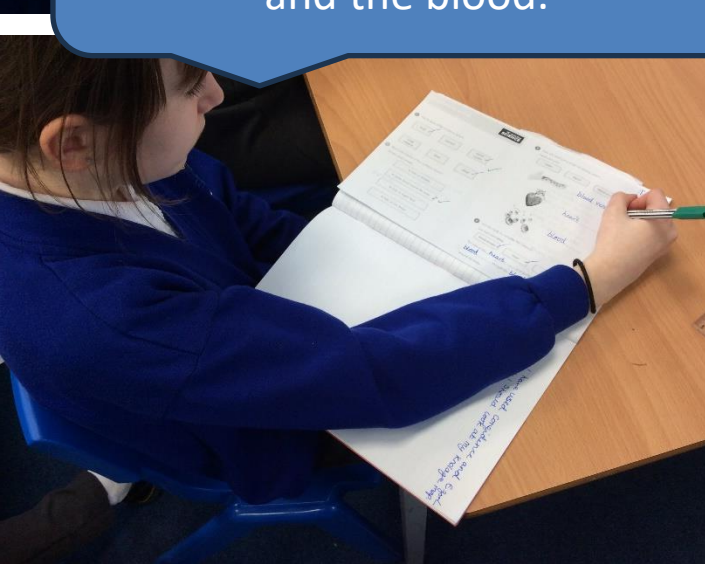
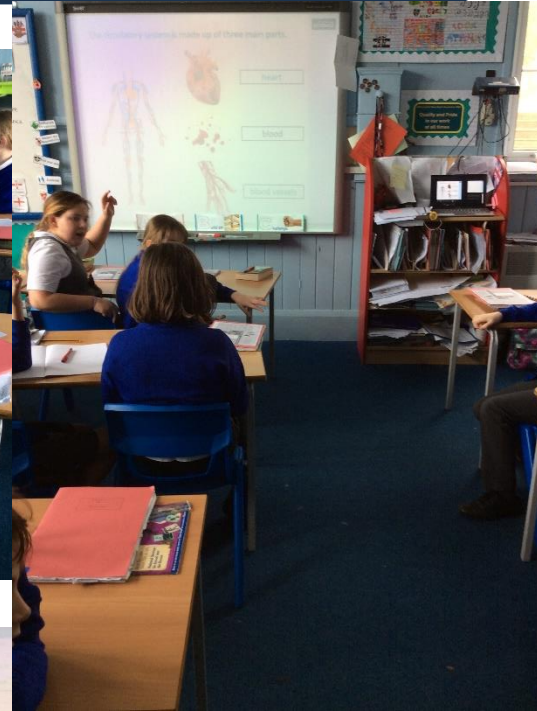
Spring 2 2024

Class Lynher

We began by thinking about other systems in the body and recapped the digestive system. We then learnt about the circulatory system: its parts, its purpose and the function of each part.

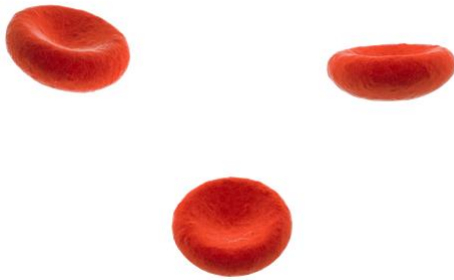


The circulatory system is made up of the blood vessels, heart and the blood.



This week we focussed in more detail on two parts of the circulatory system: the heart and the blood. We learnt the function of different parts of the blood.

Red blood cells are part of the blood that carries oxygen.



Oxygen helps the body to release energy from digested food and drink.



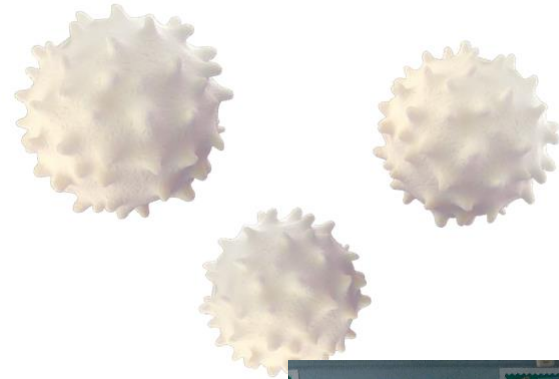
The heart is the organ that pumps blood around the body.



How can we feel our heart beating?



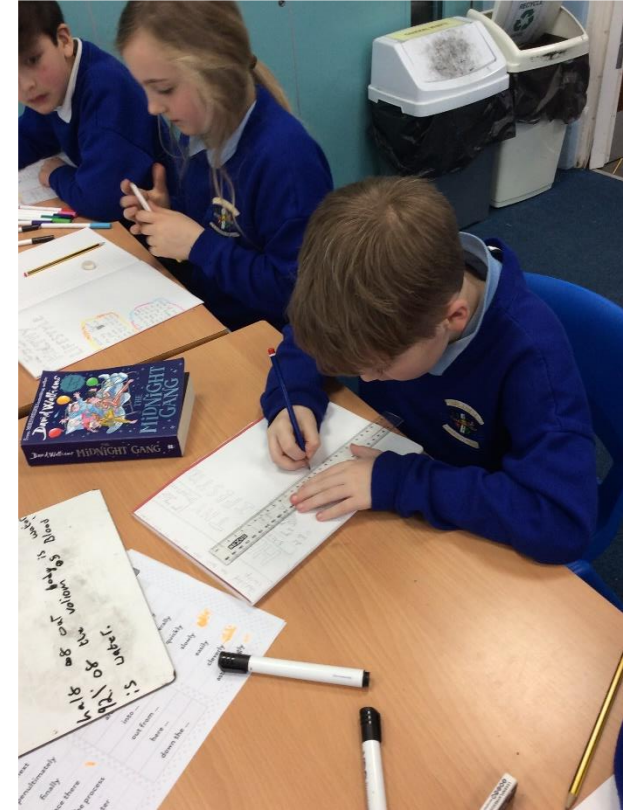
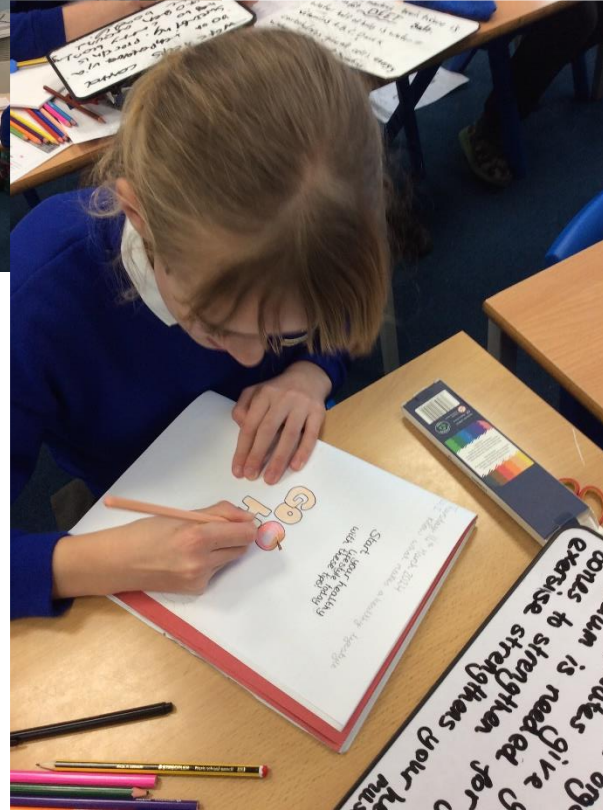
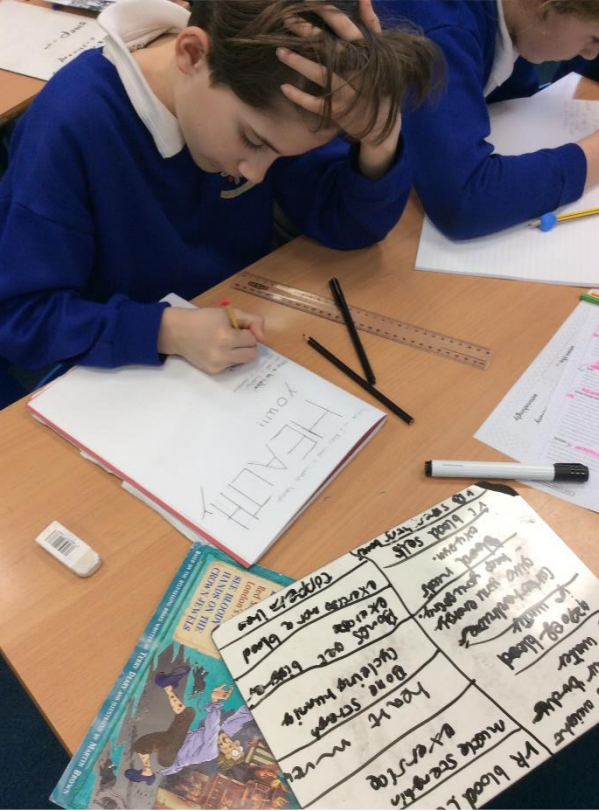
White blood cells are part of the blood that fights viruses and bacteria.



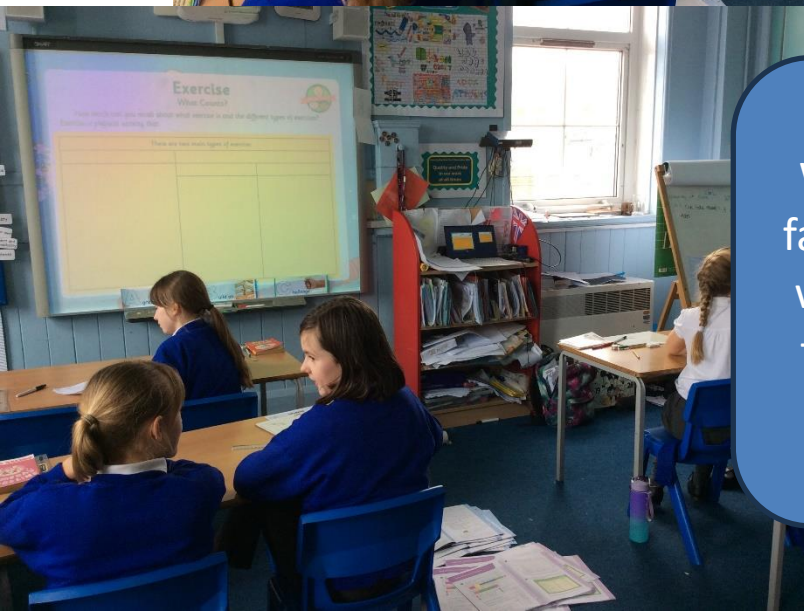
White blood cells are a bit like knights who go to fight an illness.

In this lesson we thought about two aspects that make up a healthy lifestyle – a balanced diet and exercise. We looked at the importance of different foods as they have different positive effects on the body. We also looked at the effect exercise has, particularly on the heart, muscles and bones. We then designed posters to advertise some of these facts.

You should eat lots of different foods, not just lots of one healthy one.



We continued with the theme of exercise from last week and designed an investigation to see if pulse is affected by exercise. We decided on an enquiry that was a fair test. We made predictions based on our scientific knowledge and our own experiences. We thought about the variable we would change and those we would change.

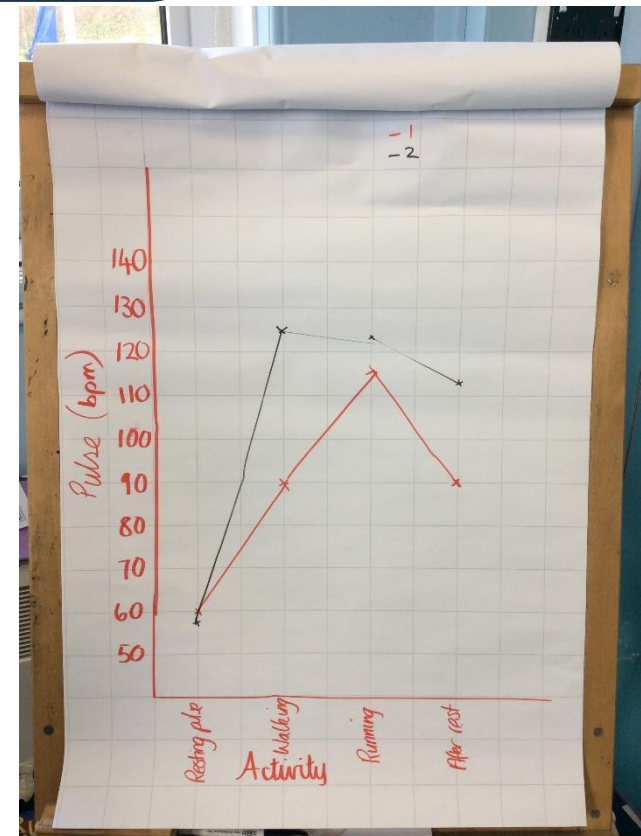
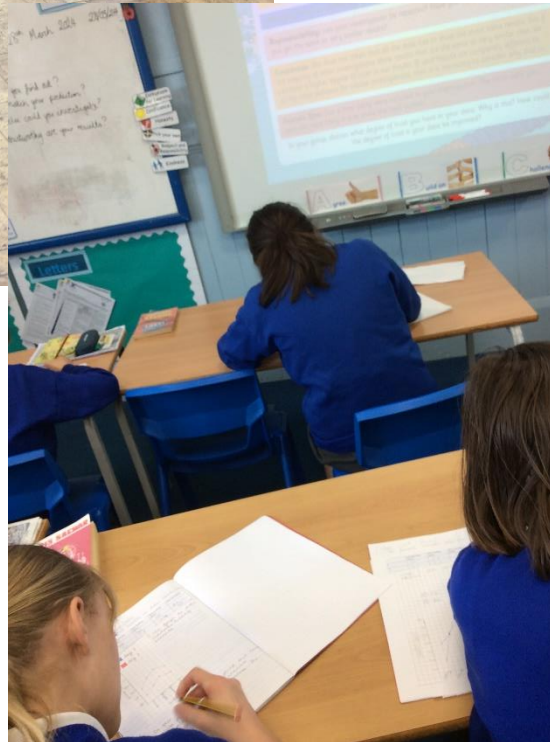


We needed to have a fair experiment so that we checked our pulse for the same amount of time.

We decided to repeat the experiment twice to build the degree of trust. We then drew a line graph of our results and looked for patterns. We also made conclusions and thought about how trustworthy our results were.

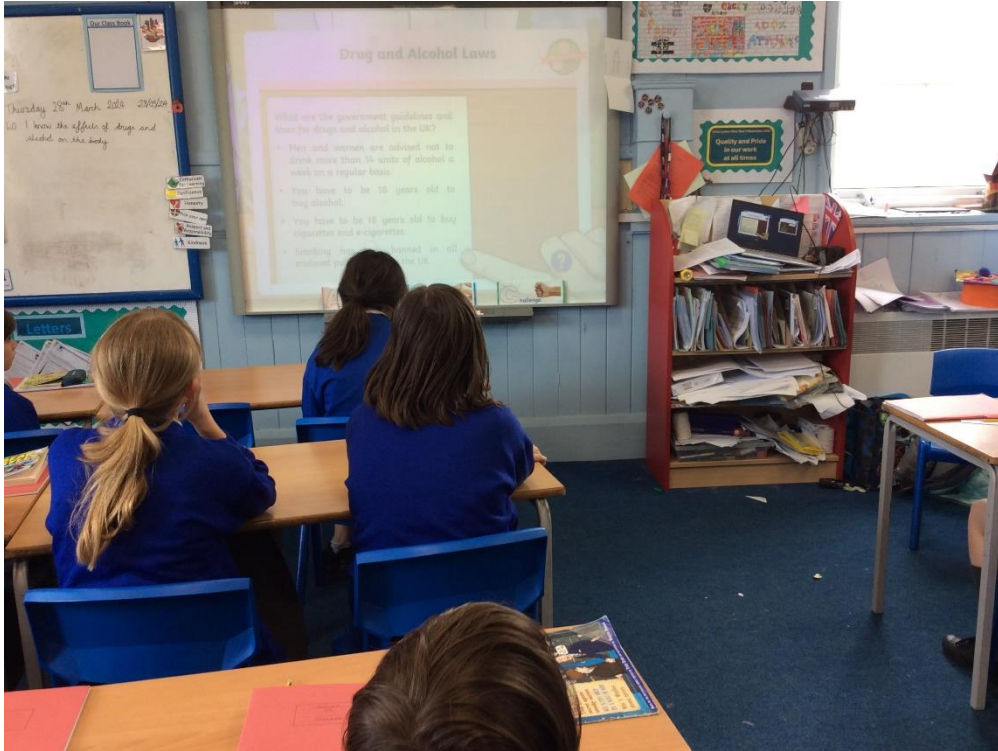


We used a line graph because we could be accurate and read it quickly and easily.



In our final lesson we looked at what drugs are and how they impact on the body and looked particularly at how they affect the circulatory system. We also looked at the history of smoking and how scientific evidence has changed people's attitudes towards it.

Cocaine is an illegal drug.



What I have learnt before:

I have learnt about the digestive system

Personal Development

The real life knowledge that links is: carry out comparative & fair tests, impact of substances on the body

The jobs it can be used in are: Biologist, Medical Professional (doctors), Fitness Industry

**Skills**

I can report and present findings

I can create an enquiry

I can gather data

I can take accurate measurements

Forever Facts

The circulatory system includes the heart, blood vessels and blood

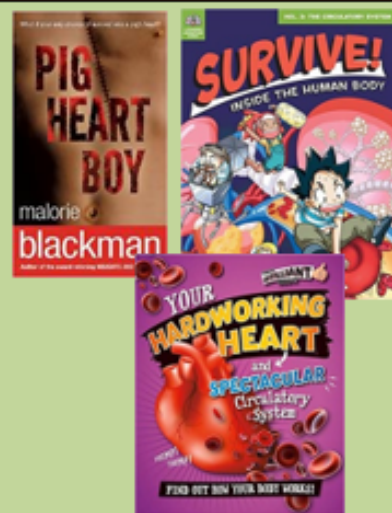
The circulatory system works together to move blood around the body

Blood is what is used to transport oxygen, waste, nutrients, and more throughout the body.

The heart pumps blood around the body

Diet, lifestyle, drugs, exercise and your emotional well-being can affect your body.

Drugs and smoking can have a negative effect on your health.

Exciting Books**Subject Specific Vocabulary****drugs**

A drug is a chemical that is not food and that affects your body. Some drugs are given to people by doctors to make them healthy.

blood vessels

Tubes within the body that carry blood

veins

Blood vessels that carry blood towards the heart

arteries

Blood vessels that carry blood away from the heart

capillaries

Blood vessels that connect veins and arteries

pulse

Your heart has to push so much blood through your body that you can feel a little thump in your arteries each time the heart beats

Our Endpoint

I can explain what the circulatory system does and how a healthy lifestyle helps the body to function