

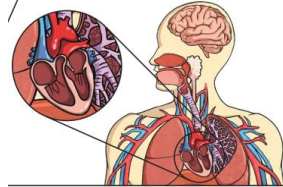
**Linked scientists**

James Miranda Stuart Barry – (Doctor – born Margaret Bulkley, who went to medical school by presenting as male and lived the rest of his life as a man – who became Inspector General of military hospitals and improved conditions for wounded soldiers, native inhabitants, and performed the first caesarean section in Africa)

Key Vocabulary	
aorta	The main <b>artery</b> through which blood leaves the <b>heart</b> before it flows to the rest of your body
arteries	A tube that carries <b>oxygenated</b> blood from your <b>heart</b> around the body
atrium	One of the four chambers in the <b>heart</b>
blood vessels	Narrow tubes through which blood flows. <b>Arteries</b> , <b>veins</b> and <b>capillaries</b> are <b>blood vessels</b>
capillaries	Tiny <b>blood vessels</b> in your body
carbon dioxide	A gas produced by animals and people breathing out
circulatory system	The system responsible for circulating blood around the body> it supplies <b>nutrients</b> and <b>oxygen</b> and removes waste products such as <b>carbon dioxide</b>
deoxygenated	Blood that doesn't contain <b>oxygen</b>
exercise	An activity which can raise the speed of your <b>pulse</b>
heart	The <b>organ</b> in your chest that <b>pumps</b> the blood around your body
lungs	The <b>organs</b> inside your chest that fill with air when you breathe in. They <b>oxygenate</b> the blood and remove <b>carbon dioxide</b> from it
nutrients	Substances that help plants and animals to grow
organ	Part of your body that has a particular purpose
oxygen	A colourless gas that plants and animals need to survive
oxygenated	Blood that contains <b>oxygen</b>
pulse	Regular beating of blood through your body. The speed of your <b>pulse</b> depends on the activity you are doing
respiration	Process of breathing; inhaling and exhaling
veins	Carries <b>deoxygenated</b> blood back to your heart from the rest of the body
vena cava	Large <b>vein</b> through which <b>deoxygenated</b> blood reaches your <b>heart</b> from the body
ventricle	One of the four chambers of the <b>heart</b>

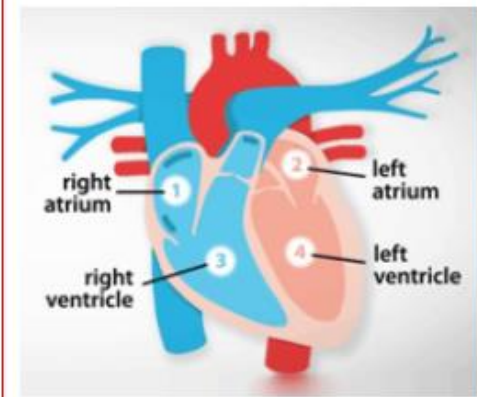
**What I will know by the end of the unit**

What the **circulatory system** is



The **circulatory system** is made up of the **heart**, **lungs** and **blood vessels**. **Arteries** carry **oxygenated** blood from the **heart** to the rest of the body. **Veins** carry **deoxygenated** blood from the body back to the **heart**.

**Diagram—The Heart**



The **heart** is composed of four chambers; the right **atrium**, the right **ventricle**, the left **atrium** and the left **ventricle**.


The rate that your heart pumps is called your **pulse**.

Deoxygenated

Oxygenated

The Function of the Heart	
1	<b>Deoxygenated</b> blood flows into the <b>heart</b> from the body through the <b>veins</b> .
2	This blood is pumped out of the lungs through the <b>pulmonary artery</b>
3	Blood is then the <b>oxygenated</b> in lungs
4	Blood returns to the heart through the <b>pul-</b>
5	The <b>oxygenated blood</b> is then pumped out of the heart through the <b>aorta</b> .
6	The blood travels around the body delivering <b>oxygen</b> and <b>nutrients</b> to the <b>organs</b> .

That diet, **exercise**, drugs and lifestyle can impact the **circulatory system**




Some lifestyle choices can be harmful to our health and they can affect how well the **heart** and **lungs** work.


Smoking and drinking alcohol can cause short-term effects and long-term effects such as **organ** damage, cancer or death.

**Exercise** can reduce fat, increase fitness, strengthen the **heart** and improve **lung** function.

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



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



How **nutrients** and water are transported around the body

**Nutrients**, **oxygen** and **carbon dioxide** are exchanged **via** the **capillaries**.

**Nutrients**, water and **oxygen** are moved in the blood to muscles, **organs** and rest of the body where they are needed. As they are used, they produce **carbon dioxide** and other waste products. This is then carried back to the **heart** and **lungs** to be removed from the body.

