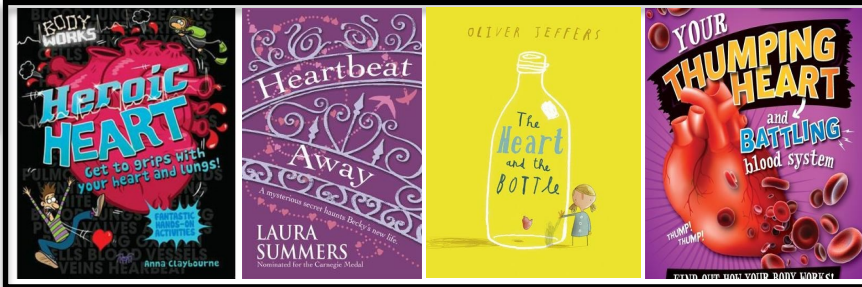


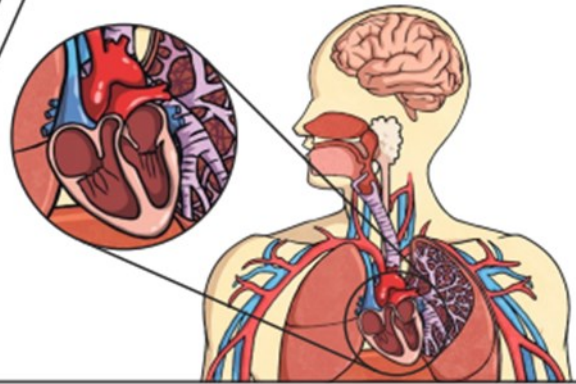
Blood Heart —Year 6 —Autumn 2

Interesting Books

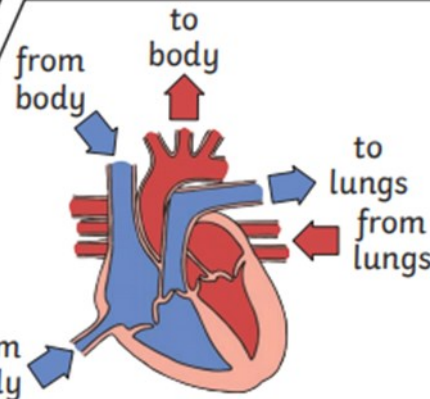


The **heart** pumps blood to the lungs to get oxygen.

It then pumps this **oxygenated blood** around the body.



Mammals have **hearts** with four chambers. Notice how the blood that has come from the body is **deoxygenated**, and the blood that has come from the lungs is **oxygenated** again. The blood isn't actually red and blue: we just show it like that on a diagram.



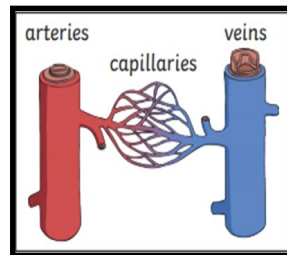
deoxygenated blood → ← **oxygenated blood**

Subject Specific Vocabulary

circulatory system	The blood circulatory system (cardiovascular system) which includes the heart, veins, arteries and blood delivers nutrients and oxygen to all cells in the body.
blood vessels	Blood vessels are a series of tubes inside your body. They move blood to and from your heart. Veins, arteries and capillaries are the three types of blood vessels.
heart	An organ which constantly pumps blood around the circulatory system .
atrium	The atria are the two uppermost chambers of the heart . Blood is pushed from the atriums to the ventricles.
ventricles	The ventricles are the two lower chambers in the heart .
oxygenated blood	Oxygenated blood has more oxygen. It is pumped from the heart to the rest of the body.
deoxygenated blood	Deoxygenated blood is blood where most of the oxygen has already been transferred to the rest of the body.
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.
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.

The Heart

The **heart** is a hardworking muscle that pumps blood around the body. The muscle, which is fist-sized, sits behind the rib cage – slightly to the left. The heart consists of four chambers: two **atria** (at the top) and two **ventricles** (at the bottom). Beating over 100,000 times a day, the heart works by alternately contracting the atria, causing the blood to be squeezed into the ventricles followed by the ventricles which sent the blood around the rest of the body.



Blood Vessels

Arteries carry **oxygenated blood** away from the **heart**.
Veins carry **deoxygenated blood** towards the **heart**.
Capillaries are the smallest **blood vessels** in the body and this is where the exchange of water, **nutrients**, **oxygen** and **carbon dioxide** take place.



Blood

Blood transports: gases (mostly oxygen and carbon dioxide); **nutrients** (including water) and waste products. It is made of four main components:

- Plasma is the liquid part of the blood and contains water and protein
- Platelets help you stop bleeding if you cut yourself
- Red blood cells carry oxygen around the body.
- White blood cells help your body fight infections.

The lungs

Did you know you breathe 13 pints of oxygen a minute? The lungs are essential for this task as that is the location where oxygen is absorbed into our bloodstream. The right lung is bigger than the left lung as the left lung needs to make space for the heart. Surprisingly, people can live with only one lung however it can be a risk to their health. There are lots of other interesting facts about your lungs such as their ability to float in water and the fact that their surface area is the same size as a tennis court.



Healthy Lifestyles

Regular exercise strengthens bones and muscles, including the heart, and improves circulation. It also increases the amount of oxygen around the body and causes the brain to release chemicals which help you feel calm and relaxed. Eating plenty of fruit and vegetables, being careful not to eat too much salt or saturated fat and reducing sugary food intake can help towards keeping your heart healthy.

English

Key texts:

- Cogheart

Writing genres:

- Narratives, Explanation texts, Poetry

SPaG: synonyms, antonyms, active and passive voice, plurals

Reading texts: Cogheart



Maths

Four operations	Fractions	Converting units
Multiply up to a 4 digit by 2 digit numbers	Equivalent and simplifying	Converting and calculating with metric measures
Short and long division	Comparing and ordering	Imperial measures
Order of operations	Mixed and improper fractions	
	Adding, subtracting, multiplying and dividing	
	Fractions of an amount	

PSHE	PE
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Celebrating differences	Rugby: Developing tactical awareness and game play.
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Music	Art
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Knowing the features of Blues music and playing and improvising following a Blues style and structure	3D sculptures from 2D art Developing drawing skills
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RE	Computing
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Hinduism—cycle of karma Christianity—what would Jesus do	Coding—designing a simple game Writing a blog post
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French	Geography
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Basic understanding of the geography and geographical features of France.	Develop an awareness of lines of latitude, longitude, time and climate zones
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