

Key Vocabulary	
absorb	Take in or soak up
aorta	The main artery in the human circulatory system.
arteries	Tubes that carry oxygenated blood around the body
atria	The upper chambers of the heart.
blood vessels	Tubes that carry blood around the body (veins, arteries and capillaries)
deoxygenated	Blood that is not carrying oxygen
nutrients	Substance that provides nourishment for life and growth.
oxygenated	Blood that is carrying oxygen
pulse	The beat of your heart
veins	Tubes that carry deoxygenated blood back to the heart
vena cava	A large vein that carries deoxygenated blood to the heart.
ventricles	Main chambers of the heart
villi	Finger-like structures that absorb water and nutrients in the small intestine.

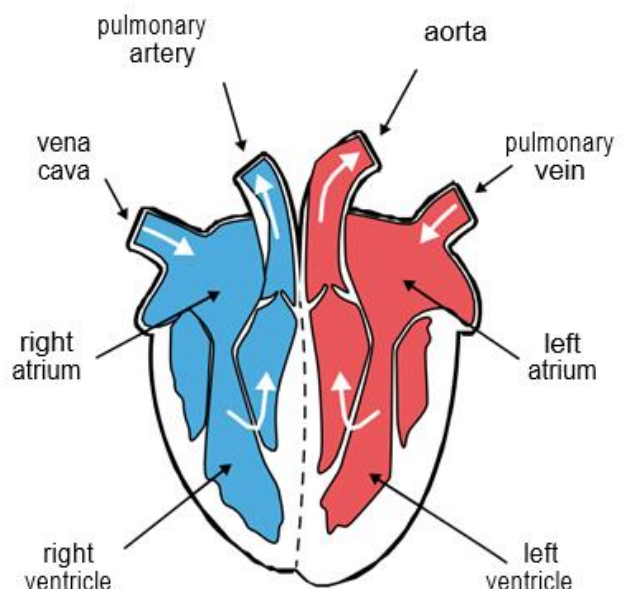
Living Things and Humans – The Circulatory System Knowledge Organiser

The body's circulatory system is responsible for transporting nutrients, water and oxygen to the billions of cells all around your body. It also carries away waste, such as carbon dioxide, that the cells produce. It is an amazing system that travels through your entire body connecting all your body cells.

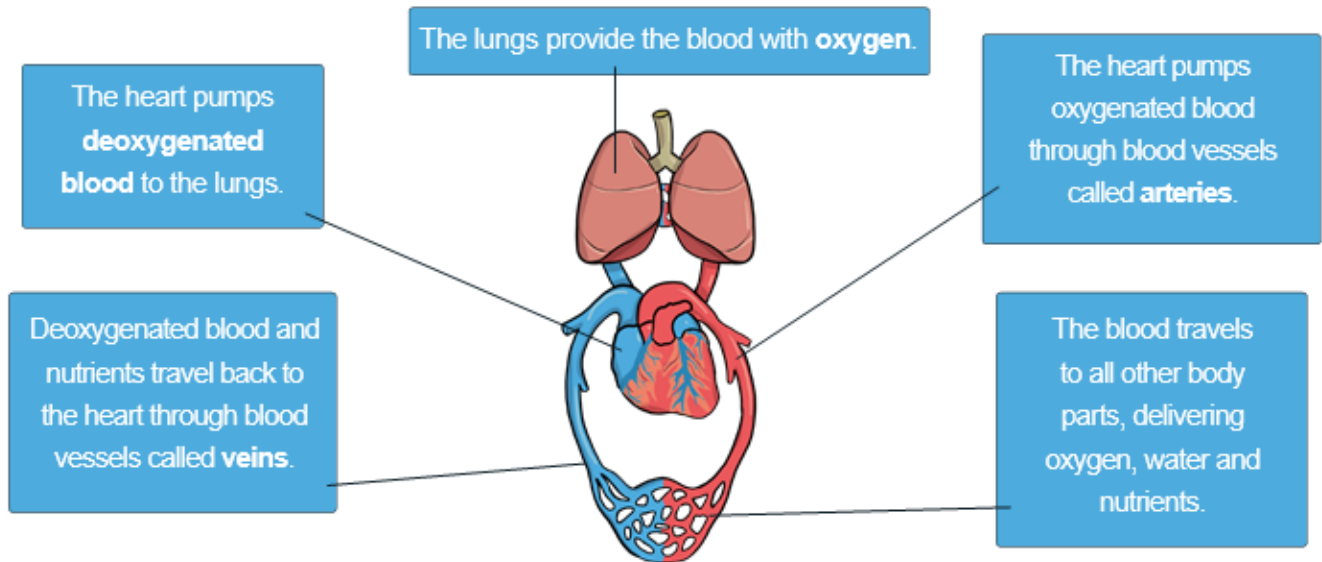
Did you know?

- The heart pumps all the time. It pumps more than 2.5 billion times over an average lifetime.
 - If you were to lay out all of the blood vessels in one adult, end-to-end, they would stretch about 60,000 miles. London to Australia is only 9,500 miles!
- We have to exercise our heart to keep it strong.
- Doctors advise at least 30 minutes of activity a day that increases your heart rate.
- An average-sized adult carries about 5 litres of blood.

The Human Heart



The Human Circulatory System



Health Heroes and Villains

You can keep your body healthy by eating a balanced diet, ensuring you have good hygiene and exercising regularly.



You should avoid eating lots of unhealthy food, smoking, drinking alcohol and becoming inactive.

Absorbing Water and Nutrients

We absorb water and nutrients through the food we eat. The small intestine is lined with villi.

Villi have veins and arteries running through them.

The blood in the arteries delivers oxygen to the intestine. Nutrients are absorbed into the blood, which are then taken away to other parts of the body.

Water is also absorbed in this way. The blood carries the water and nutrients to the parts of the body that need it.