Plymouth Science

Knowledge Organiser

Year 5/6
Healthy body healthy mind

VOCABULARY

Heart- the organ in your chest that pumps the blood around your body.

Blood vessels- the narrow tubes through which your blood flows include the arteries, veins and capillaries.

Blood- this is pumped by the heart and supplies the body with nutrients and oxygen.

Veins- blood vessels that carry blood to the heart.

Arteries- blood vessels that carry blood away from the heart.

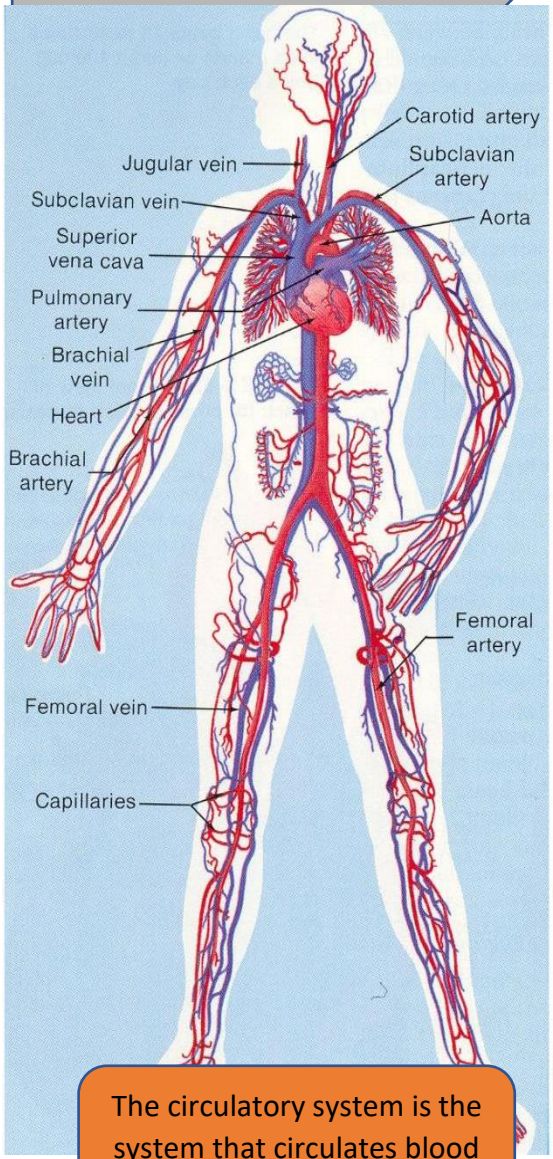
Capillaries- microscopic blood vessels found in the muscles and lungs.

Oxygen- a colourless gas that exists in large quantities in the air. All plants and animals need oxygen in order to live.

Lungs- two spongy organs inside the chest which fill with air when you breathe in.

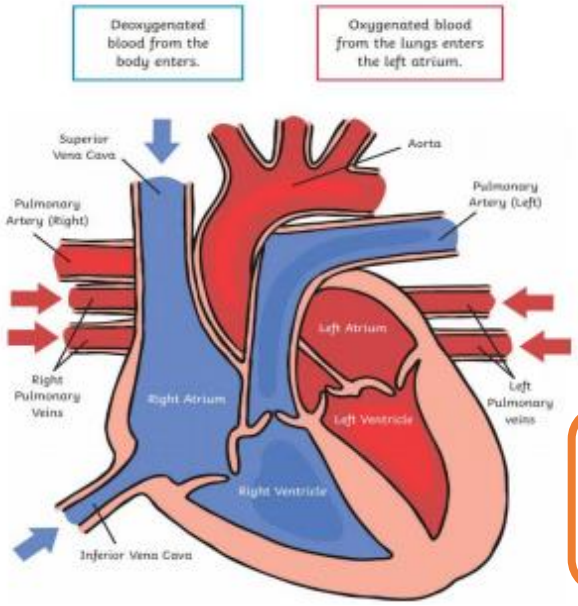
Carbon dioxide- is a gas produced by animals and people breathing out.

The Circulatory System



The circulatory system is the system that circulates blood through the body.

The Heart



It is about the size of your fist and located in the front and middle of your chest,

It works as a pump forcing blood around the body. The heart is mainly muscle and it works from the moment you are born until death. It works harder when you exercise.

Deoxygenated blood flows into the heart from the body through veins.
This blood is pumped out to the lungs through the pulmonary artery.
Blood returns to the heart through the pulmonary vein.
The oxygenated blood is then pumped out of the hear through the aorta.
The blood travels around the body delivering oxygen and nutrients to the organs.

Santorio Santorio

29. 03.1561 – 22.02.1636

Italian physiologist, physician and professor who was the inventor of many medical devices. He invented the clinical thermometer in

We measure our heart rate through our pulse. We record this at beats per minute.

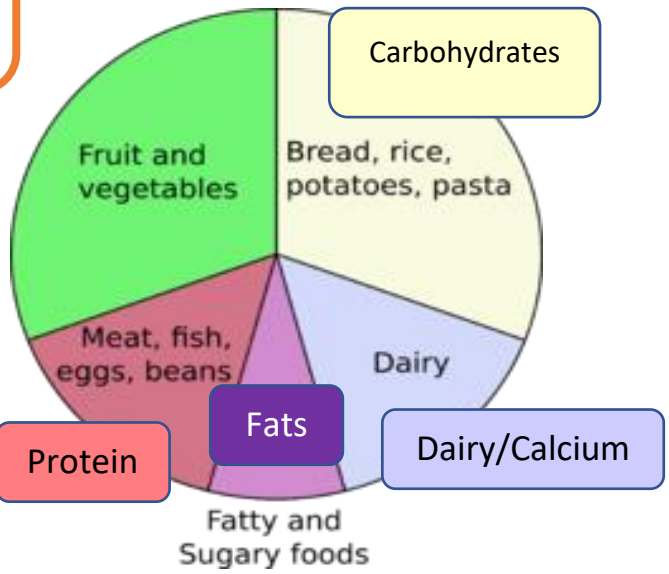
Medicines and Drugs

Diet and Lifestyle

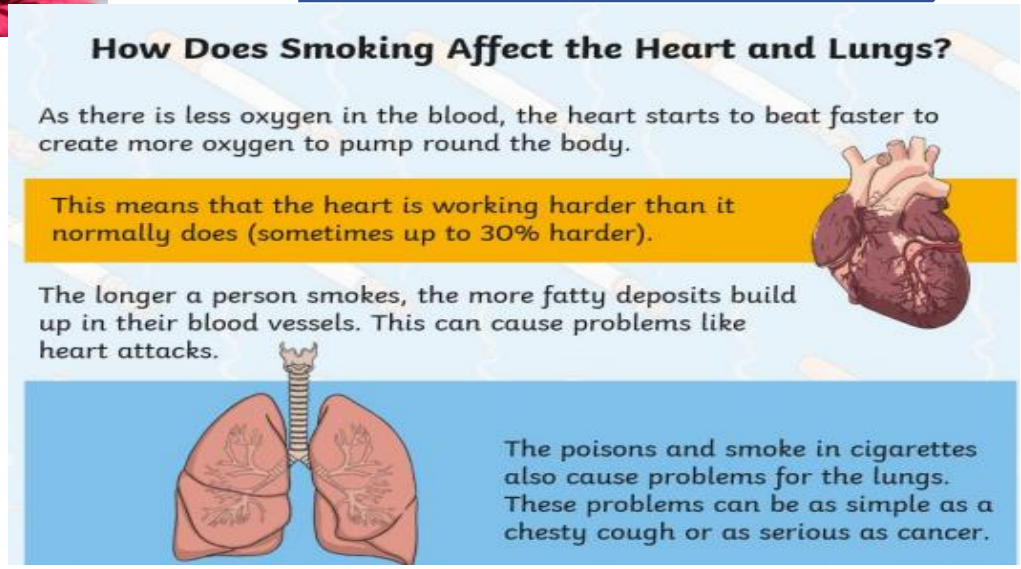
Fatty rich foods can clog arteries and veins, preventing blood from delivering what is needed.

Vitamins and minerals

Eating a balanced



Eating a balanced diet is important. Our diet is made up of five food groups; vitamins and minerals, carbohydrates, protein, dairy and calcium and fats. Eating too much or too little of a food group can make us ill.



Exercise, taking the correct medication, water, hygiene and sleep are all important for maintaining a healthy lifestyle.

Alcohol and other drugs (not prescribed by the doctor) can affect the way the brain works. These disruptions can affect mood and behaviour and make it harder to think clearly and move with coordination. Alcohol goes straight into the blood stream and travels to your kidneys, lungs and liver.