

Sticky Knowledge

Your heart will beat about 115,000 times each day. Your heart pumps about 2,000 gallons of blood every day.

The entire trip around your body only takes blood about 20 seconds in total. Blood is what is used to transport oxygen, waste, nutrients, and more throughout the body.

The circulatory system includes the heart, blood vessels and blood, and is vital for fighting diseases and maintaining proper temperature.

Because your heart is crucial to your survival, it's important to keep it healthy with a well-balanced diet and exercise, and avoid things that can damage it, like smoking.

Your heart affects every part of your body. That also means that diet, lifestyle, and your emotional well-being can affect your heart.

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.

Capillaries are the smallest blood vessels in the body and it is here that the exchange of water, nutrients, oxygen and carbon dioxide takes place

If you linked up all of the body's blood vessels, including arteries, capillaries, and veins, they would measure over 60,000 miles

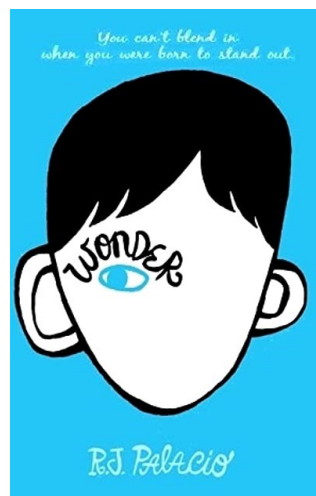
Plasma is liquid. The other parts of your blood are solid. Red blood cells carry oxygen through your body. Platelets help you stop bleeding when you get hurt. White blood cells fight infection when you're sick.

Year 6 Gold Spring 1:

Why Are People Living Longer?



Key Text



Topic Vocabulary

Blood Ves-sels	Blood vessels are a series of tubes inside your body. They move blood to and from your heart.
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.
Atriums	The atriums are the two upper most chambers of the heart. Blood is pushed from the atriums to the ventricles.
Ventricles	The ventricles are the two lower chambers in the heart.
Cardio - Vascular	The blood circulatory system (cardiovascular system) delivers nutrients and oxygen to all cells in the body.
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
Cardiologist	A cardiologist is a doctor with special training and skill in finding, treating and preventing diseases of the heart and blood vessels
Capillaries	Capillaries are very thin blood vessels. They bring nutrients and oxygen to tissues and remove waste products.
ultrasound	An ultrasound machine uses sound waves to take pictures of the inside of the body.
Species	This is the grouping together of similar species of plant, animal and other organisms