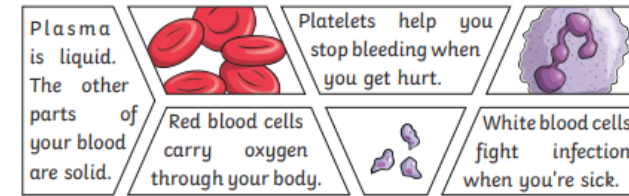
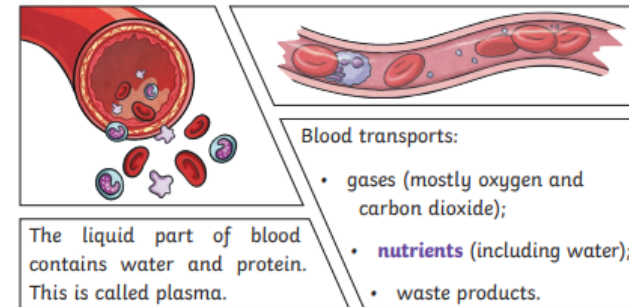
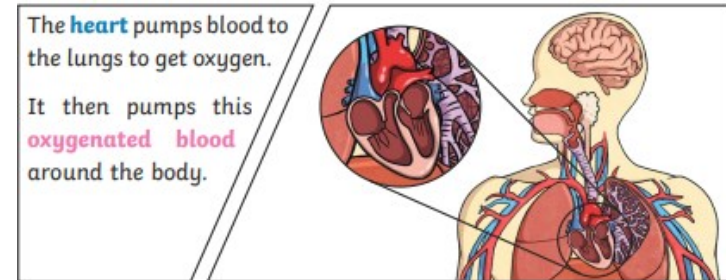
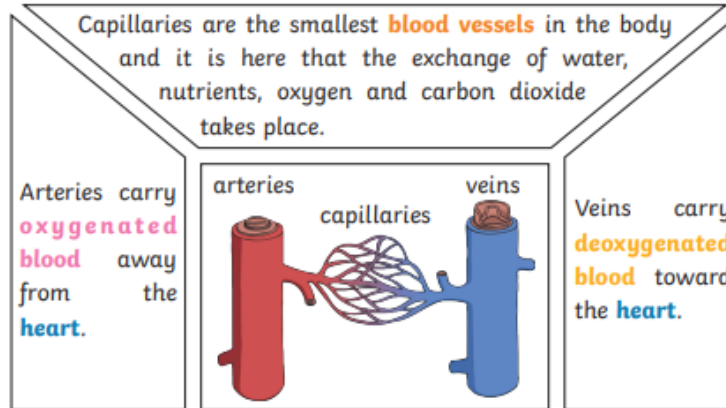
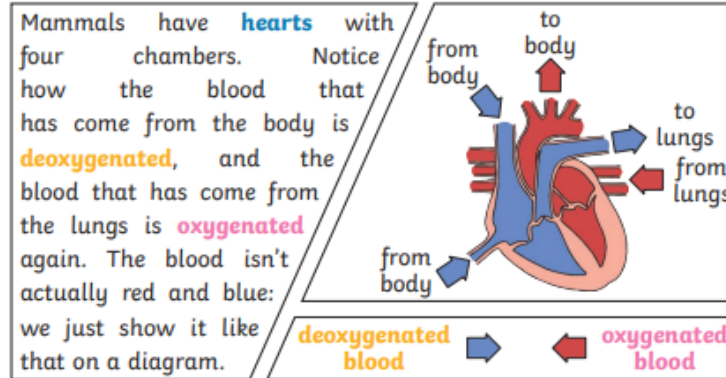


<b>Circulatory system</b>	A system which includes the heart, veins, arteries and blood transporting substances around the body.
<b>Heart</b>	An organ which constantly pumps blood around the <b>circulatory system</b>
<b>Blood vessels</b>	The tube like structures that carry blood through tissues and organs. Veins, arteries and capillaries are the 3 types of blood vessels.
<b>Oxygenated blood</b>	<b>Oxygenated blood</b> has more oxygen. It is pumped from the heart to the rest of the body.
<b>Deoxygenated blood</b>	<b>Deoxygenated blood</b> is blood where most of the oxygen has already been transferred to the rest of the body.
<b>Drug</b>	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
<b>Alcohol</b>	A drug produced from grains, fruits or vegetables when they are put through a process called fermentation.
<b>Nutrients</b>	Substances that animals need to stay alive and healthy.



- Regular exercise:
- strengthens muscles including the heart muscle;
  - improves circulation;
  - increases the amount of oxygen around the body;
  - releases brain chemicals which help you feel calm and relaxed;
  - helps you sleep more easily;
  - strengthens bones.
- It can even help to stop us from getting ill.



## What we will learn

- Identify and name the main parts of the circulatory system
- Describe the function of the heart, blood vessels and blood
- Recognise the impact of diet, exercise, drugs and life style on the way their bodies function

## Famous Scientists



William Harvey  
1578-1657  
First scientist to describe how blood moved around the human body

## Investigation

Describe the function of the heart, blood vessels and blood. Recognise the impact of exercise on the way their bodies function.

- Can I make predictions and explain them using previous results?
- Can I carry out a scientific enquiry to answer my question?