

# Year 6: Why is the study of human biology fundamental to your right to be safe and healthy?

## What is the circulatory system?

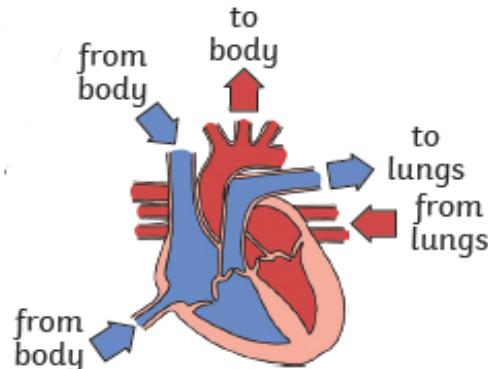
The circulatory system is made up of the **heart**, **lungs** and **blood vessels**.

**Arteries** carry oxygenated blood from the heart to the rest of the body.

**Veins** carry deoxygenated blood from the body to the heart.

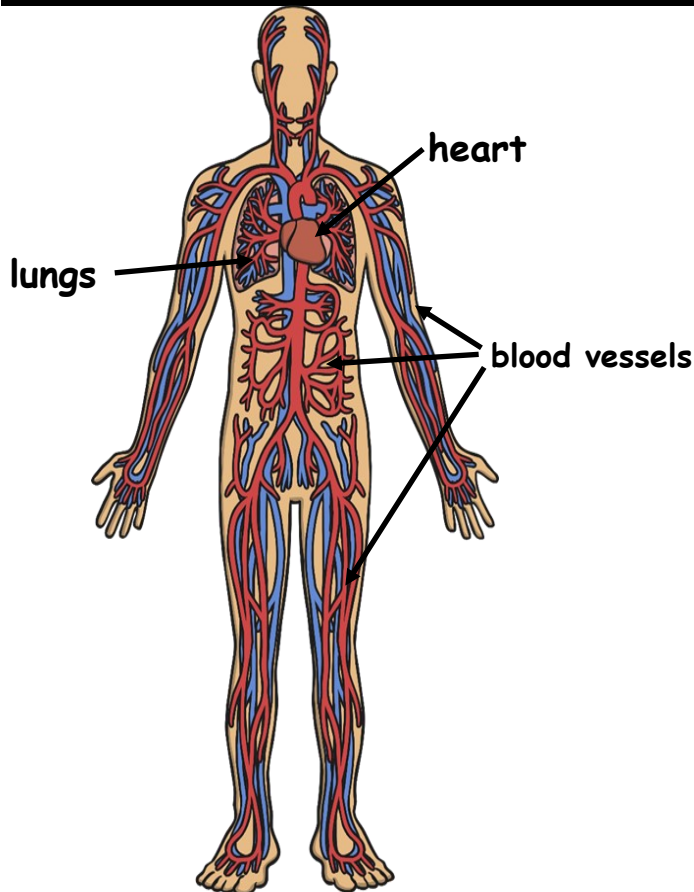
**Nutrients**, **oxygen** and **carbon dioxide** are exchanged via the capillaries.

## Inside the heart.



## Vocabulary

alcohol	A drug produced through fermentation.
blood	The red liquid which circulates around the circulatory system.
blood vessels	The tube-like structure that carries blood through the tissues and organs.
carbon dioxide	A gas in the air.
diet	Food consumed (eaten) by an animal.
drugs	Substances that have an effect on the body.
exercise	Active movement that helps to keep the body healthy.
heart	The organ that pumps blood around the body.
lifestyle	The way in which a person lives.
lungs	Located in our chest, the lungs take in oxygen from the air we breathe.
muscles	Fibrous tissues in the body that allow it to move.
nutrients	Substances animals need to stay alive and healthy.
oxygen	A gas in the air.
pulse	The beating of the arteries.



## Regular exercise:

- strengthens muscles including the heart;
- improves circulation;
- increases the amount of oxygen around the body;
- helps you to feel calm and relaxed;
- helps you to sleep more easily;
- strengthens bones.

It can help us to be less prone to illness and can help to improve our mental health.

CRC Article 17:  
All children have the right to find out information as long as it is safe.

