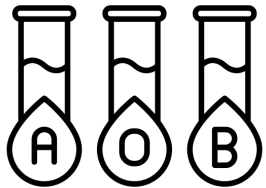


Y6: 'In a heartbeat' Knowledge Organiser

The main parts of the heart include:

- Aorta, Vena cava, Atria, Ventricles



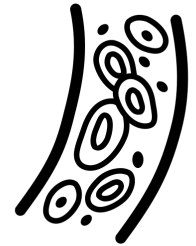
The heart forms a key part of the circulatory system, which is also made up of the lungs and blood vessels.

Blood is made up of plasma, white blood cells, red blood cells and platelets.

Red blood cells are responsible for carrying oxygen, nutrients and water around the body.

There are 8 different blood groups:

A+, A-, B+, B-, O+, O-, AB+, AB-



red blood cell: part of the blood which carries oxygen from the lungs.

atrium: upper chambers of the heart.

ventricle: lower chambers of the heart.

oxygen: a colourless gas required by the human body.

blood vessels: a tube through which blood circulates in the body.

carbohydrates: a food group that provides energy.

fruit and vegetables: a food group that grows from plants and provides a range of nutrients.

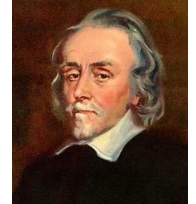
protein: a food group that helps build and repair cells.

fats: a food group that provides stored energy.

dairy: a food group that is a source of protein, calcium, and iron.

drugs: a medicine or substance that influences the body.

William Harvey was the first scientist to describe how blood is pumped around the body by the heart.



A balanced diet and exercise is very important to have a healthy heart. Balanced diets are made up of carbohydrates, fruits and vegetables, protein, fats and dairy. Smoking can have a negative effect on the **circulatory system**.

