



Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

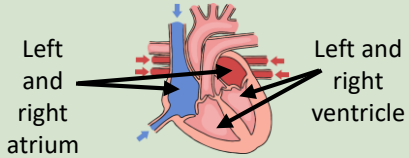
# Year 6 – Summer

## Science - Animals Including Humans

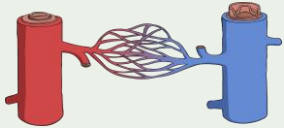
### The Heart and Blood



The heart has four chambers which pump blood around the body.



There are 3 types of blood vessels:

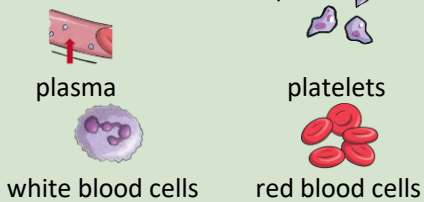


arteries capillaries veins

Water, oxygen and nutrients are moved around the body in our blood.

They move from the blood into the organs though osmosis and diffusion.

Blood is made up of:



plasma white blood cells platelets red blood cells

We can use our neck or wrist to find our pulse.

We can count our pulse over 30 seconds and then double it to find our heart rate.

We could also use a pulse meter to measure our pulse.

We take more than one measurement so our results are reliable.

We can then find the mean average.

### Being Healthy



A balanced diet contains a range of different foods so that our bodies get the nutrients they need.



Drugs and medicines are chemicals that can have negative or positive effects on the body.

Exercise is an important part of a healthy lifestyle.

### Links to Real Life

By learning about the effects of exercise on our bodies, we can make sure we know how to keep ourselves healthy.

We can use a scatter graph to show how heart rate changes with exercise.

Key Vocabulary		✓
arteries	Vessels that carry blood containing oxygen away from the heart.	
veins	Vessels that carry deoxygenated blood back to the heart.	
capillaries	Small blood vessels where oxygen and nutrients are moved.	
osmosis	When water moves through a membrane.	
diffusion	When nutrients move through a membrane.	
immune system	The system that protects our bodies from infection, including White Blood Cells.	
pulse	This is the beating of our heart as it moves blood around our bodies.	
reliability	Results are reliable if they are taken from more than one measurement.	
average	We find the mean average by adding values together and dividing by the number of values used.	

Impact of Exercise on Heart Rate

