

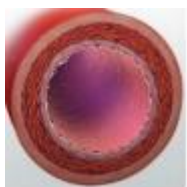
Animals including Humans

Year 6

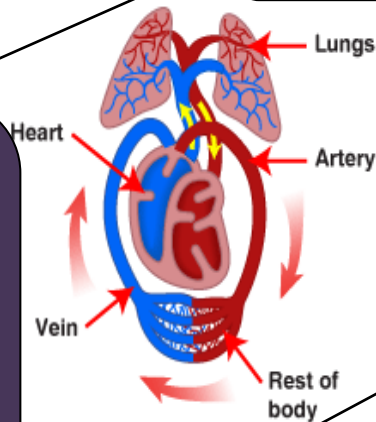
The **Heart** is the organ in your chest that pumps the blood around your body.

Blood is pumped by the heart and supplies the body with nutrients and oxygen.

The **lungs** are two spongy organs inside the chest which fill with air when you breathe in. They remove carbon dioxide from blood and add oxygen.



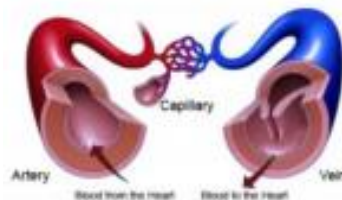
Arteries carry blood at high pressure AWAY from the heart. They have thick elastic walls.



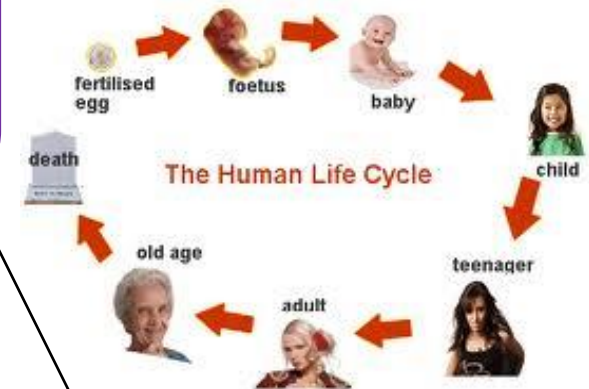
The **circulatory system** is the system that circulates blood through the body.

There are three types of **blood vessel**; arteries, veins and capillaries.

Capillaries connect the arteries and the veins.



Humans change during their lifetime.



In order to live a healthy life, we need to eat a balanced diet, drink plenty of water, and exercise on a regular basis.

Veins carry blood at lower pressure BACK to the heart. They have a much thinner wall. They also contain valves to prevent the backflow of the blood.