



Game, Set and Match.

Why Should I keep Healthy?

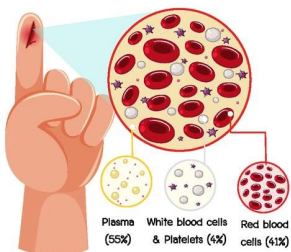
What is Blood?

Blood is needed to keep us alive. It brings oxygen and nutrients to all the parts of the body so they can keep working.

Blood is made up of blood cells and plasma

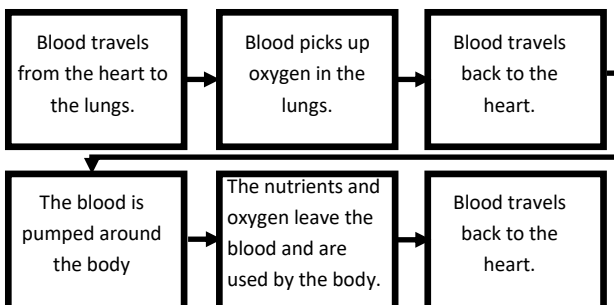
- **Red blood cells:** Carry oxygen
- **White blood cells:** Fight disease
- **Platelets:** Help your blood clot when it is cut.

Composition of blood



What is the circulatory system and why is it important?

The **circulatory system** allows blood to **circulate** and **transport** nutrients and oxygen to the body.



Why should we eat and why should we exercise?

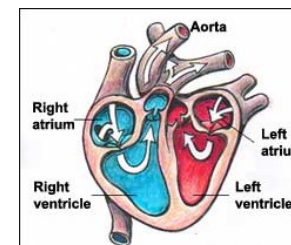
- ✓ More energy
- ✓ Better sleep
- ✓ Less sugar cravings
- ✓ Improved immune system
- ✓ Weight loss jump start
- ✓ Improved mood
- ✓ Consistent energy (no spikes or crashes)
- ✓ No more brain fog
- ✓ Better concentration and focus
- ✓ Higher productivity at work and home
- ✓ Clearer skin
- ✓ Improved digestion



Applying Past Knowledge

This learning links with the lessons you had in
Year 3 – learning about nutrition and a healthy diet.
Year 4—Learning about digestion.

How does the heart work?



- The heart is a muscle
- The heart has 2 sides. Each side has 2 chambers (so the heart has 4 chambers in total)
- Blood containing no oxygen (**de-oxygenated blood**) goes into the left hand side of the heart and is pumped to the lungs.
- Blood containing oxygen (**oxygenated blood**) goes from the lungs to the right hand side of the heart and is pumped to the rest of the body.

What happens to our bodies when we exercise?

- Our pulse rate increases because our muscles need more nutrients and oxygen.
- Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently.
- Regular physical activity can improve your muscle

Key Vocabulary

- **circulatory system:** the system that circulates blood throughout the body
- **Heart:** a hollow muscle which pumps blood through the circulatory system.
- **Blood:** a red liquid which circulates in the arteries and veins
- **Arteries:** blood vessels which deliver oxygen rich blood to the body.
- **Veins:** blood vessels which carry oxygen depleted blood to the heart.
- **Nutrients:** A substance that provides food essential for life and growth.
- **Exercise:** activity requiring physical effort, carried out to sustain health or fitness.
- **Lifestyle:** the way in which a person lives.

