



# Trailblazers Cycle B: Autumn Term 1 - Animals, including humans (Year 6) Overview, Vocabulary and Sticky Knowledge



## What do I already know about Animals, including humans?

### In Little Explorers, I learned...

- Key parts of my body are my arms, legs, toes, nose and eyes.
- Bodies change as we grow.
- My five senses are: touch, taste, hear, see and smell.

### In Big Explorers, I learned...

- My ears help me to hear, My nose helps me to smell, My eyes help me to see, My tongue helps me to taste, My body helps me to touch.
- Humans need to stay healthy by exercising, eating the right food and staying clean.

### In Philosophers, I learned...

- Animals, including humans, need the right type and amount of nutrition.
- Skeletons and muscles are for support, protection and movement.
- The digestive system breaks down food in the body.

Challenging  
vocabulary.

Stimulants,  
hallucinogens

Words to learn.

Circulatory system, BPM, oxygenated,  
deoxygenated, atrium, ventricle, vessel,  
valve, diffusion, osmosis

Words I should  
know.

Exercise, diet, pulse, healthy, lifestyle, heart, organs

### Key facts I will learn...

- 1) The heart pumps blood, carrying nutrients and oxygen around the body.
- 2) Composition of blood: red blood cells, white blood cells, platelets and plasma.
- 3) Red vessels are arteries and blue vessels are veins.



## Lesson Sequence



1. Understand the function of the heart and its role in the circulatory system



2. Identify and compare blood vessels



3. Explore blood



4. Learn how the body transports water and nutrients



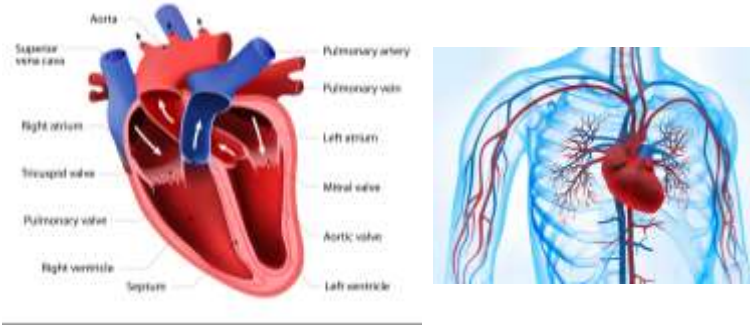
5. Investigate what affects your heart rate



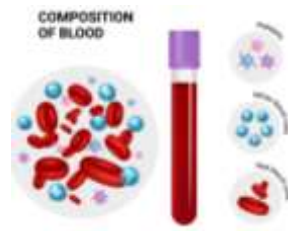
6. Learn about the impact of drugs and alcohol on the body

## The Heart

The **heart** pumps **blood**, carrying nutrients and oxygen, around every part of the body.



The red vessels are **arteries** and the blue vessels are **veins**. **Arteries** have thick, muscular walls and carry **oxygenated** blood from the **heart** to the rest of the body. **Veins** carry **deoxygenated** blood back to the heart and have thinner walls. **Capillaries** are microscopic vessels which link the veins and arteries together.



**Red blood cells** carry **oxygen**. **White blood cells** fight infection as part of the immune system. **Platelets** help to clot (thicken) the blood and form a scab. **Plasma** is the fluid part of the blood, which transports

## Looking After Our Heart



To keep our **heart** and body healthy, we need to:

- eat a balanced diet (not too much sugar or fat);
- exercise regularly;
- drink approximately 2 litres of water a day;
- limit alcohol intake, in adults;
- get approximately 8 hours of sleep.



Drugs, including alcohol, can cause liver damage, poor sleep, high blood pressure, and different types of cancer. Drugs can be classified into four groups – painkillers, stimulants, depressants and hallucinogens.