Year 6	Science	Circulation and exercise
Factors affecting health	Circulatory system	Blood
<ul> <li>⇒ Drugs, changes the way your body works</li> <li>⇒ Hygiene</li> <li>⇒ Exercise, improves your mood</li> <li>⇒ Diet, including all seven nutrients</li> <li>⇒ Alcohol, affect judgment, behavior and reaction times</li> <li>⇒ smoking</li> </ul>	The circulatory system is the group of organs that work together to transport substances around the body.  The heart is a muscular pump that pushes blood around the body.  Blood flows in blood vessels to every part of the body.	Blood is a mixture of lots of different things. It transports useful substances to where they are need and carries waste products away to be removed from the body.  The liquid part of blood contains water and transports nutrients, carbon dioxide and other substances.  Some parts of blood help fight disease and others help stop us bleeding.  The red-coloured part of blood transports oxygen.
Heart	Resting heart rate	Heart rate and fitness
The heart is split into two sides- one side pumps blood to the lungs and the other side pumps blood to the body. The heart muscle is under involuntary control to contract and relax so we cannot choose to move it.	The resting heart rate is the number of time the heart beats in one minute when relaxed, sitting or lying down.	When we exercise, our heart rate increases. This happens to speed up the transport of substances like oxygen and sugar to the working muscles so they have more energy.

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