

# Healthy Bodies

## Key Vocabulary

<b>aorta</b>	a major artery carrying blood from the heart to the rest of the body
<b>artery</b>	a blood vessel carrying blood away from the heart
<b>atrium</b>	chambers of the heart that receive blood from the veins
<b>blood</b>	the liquid that transports oxygen around the body
<b>capillaries</b>	tiny blood vessels between the end of the arteries and the start of the veins
<b>carbon dioxide</b>	gas released when humans and other living things breathe, or when materials are burned
<b>circulatory system</b>	system of organs and tissues, including the heart, arteries and veins, which circulate blood around the body
<b>de-oxygenated</b>	not containing oxygen
<b>heart</b>	the organ that pumps blood around the body
<b>lungs:</b>	the organ that gathers in air as part of breathing
<b>oxygen</b>	the gas in the air that is needed for respiration
<b>oxygenated</b>	enriched with oxygen
<b>respiration</b>	the process of breathing or taking in oxygen
<b>vein</b>	a blood vessel carrying blood back to the heart
<b>ventricles</b>	chambers of the heart from which blood is forced into the arteries

## Key knowledge

**Circulatory system-** The circulatory system is made up of the heart, the lungs, blood and the vessels it travels through. Its function is to transport nutrients, gases and wastes between the cells of the body and the digestive system, respiratory system and excretory system.

**The heart-** The heart is a huge muscle that never appears to rest. In fact it does rest – between each heart beat! It beats rhythmically, contracting two sets of chambers to act as a double pump to move blood around the body. It is about the size of a closed fist, and is protected by the ribs.

**Arteries and veins -** The arteries carry blood away from the heart while veins return blood to it, the veins have valves that only allow the blood to travel one-way so that the blood keeps moving in the correct direction.

