



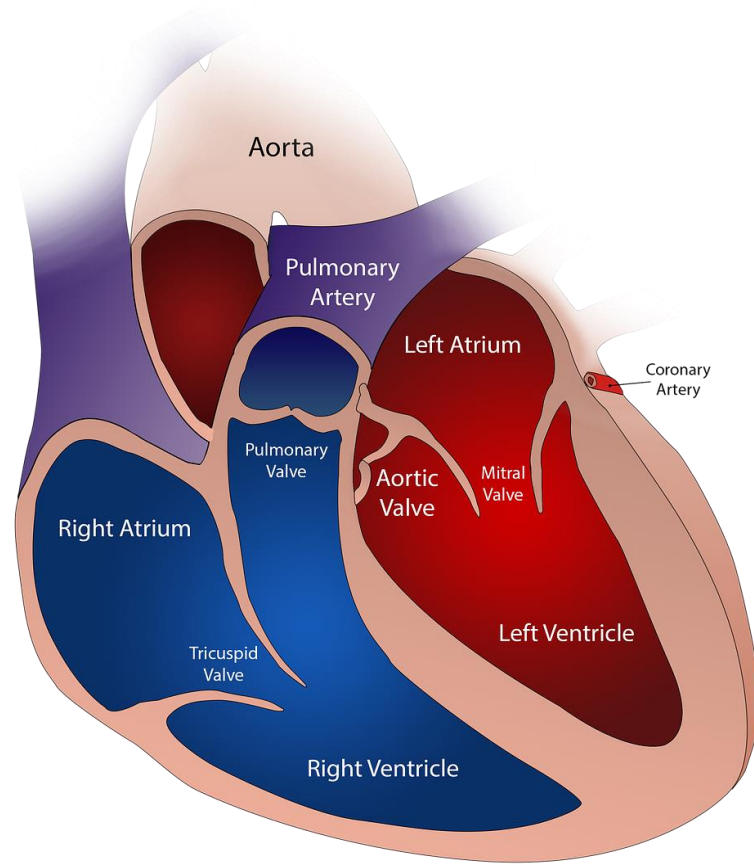
Animals including Humans – Heart and Health

How does the heart move blood around the body?

**YEAR 5
Term 3**

Key Facts:

- A healthy heart beats between 60 and 100 times a minute.
- Regular exercise will help keep your heart healthy.
- Your pulse tells us how often your heart contracts to pump blood through your body.
- Our hearts are about the size of our fist.
- We eat a balanced diet so our bodies receive the range of nutrients which are needed for normal function.
- Arteries transport blood away from the heart and veins transport blood back to the heart.



The Heart

Key Scientists:

William Harvey -

An English physician who made influential contributions in anatomy and physiology. He was the first known physician to describe completely, and in detail, the systemic circulation and properties of blood being pumped to the brain and the rest of the body by the heart



Key Vocabulary:

- vessels
- circulatory system
- oxygenated
- capillary
- heart rate
- addiction
- nutrients
- balanced diet
- poison
- carbohydrates
- vitamins
- minerals
- proteins
- exercise
- drugs
- lifestyle
- healthy
- contract
- bloodstream