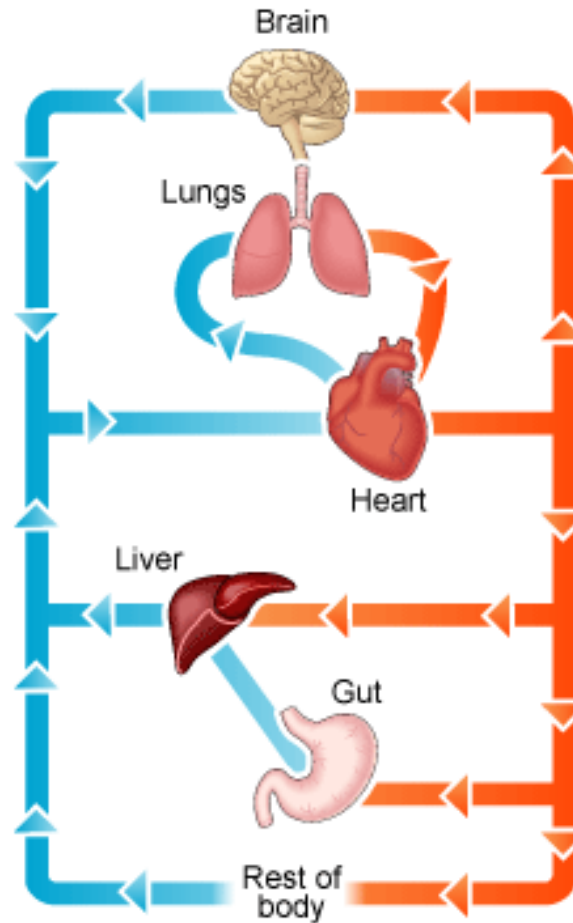


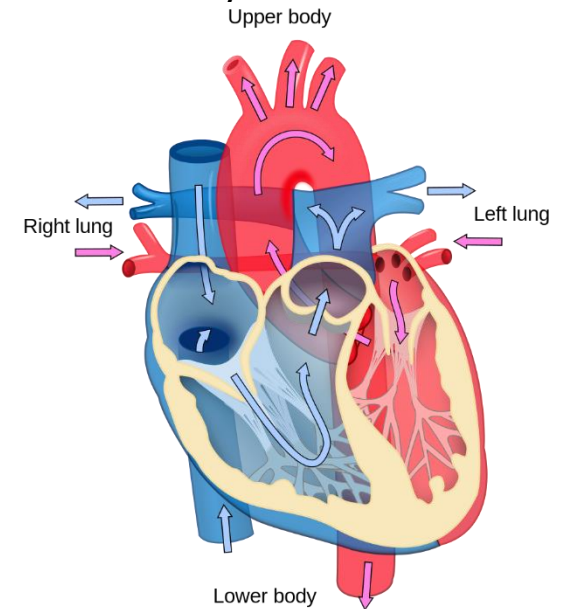


Key Vocabulary	Definition
Circulatory system	System that moves blood throughout the body.
Blood	Body fluid that carries oxygen and other substances around the body.
Blood vessels	Tubes that carry blood through the body.
Oxygen	Used to make energy and is absorbed into the body through the lungs.
Carbon dioxide	Waste product made when the body makes energy. It leaves the body through the lungs.
Lungs	Organs in the body used to breathe air in and out.

This is a basic diagram of the circulatory system. It shows the flow of blood around your body.

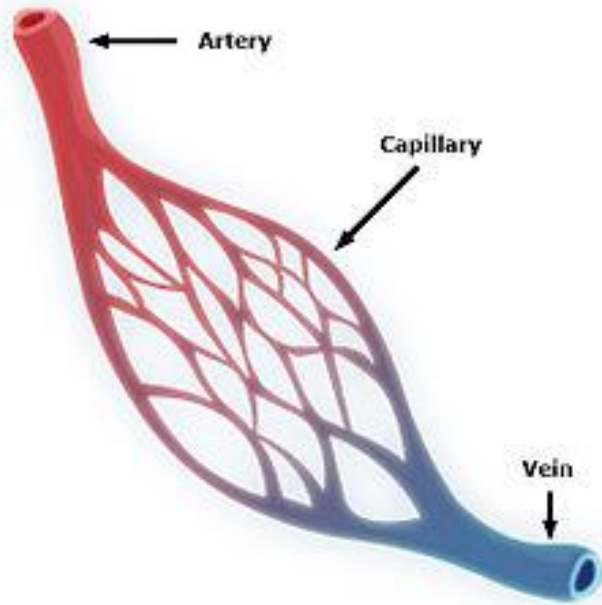


The human heart works like a pump as it sends blood around your body to keep you alive. It pumps the blood continuously through the circulatory system.



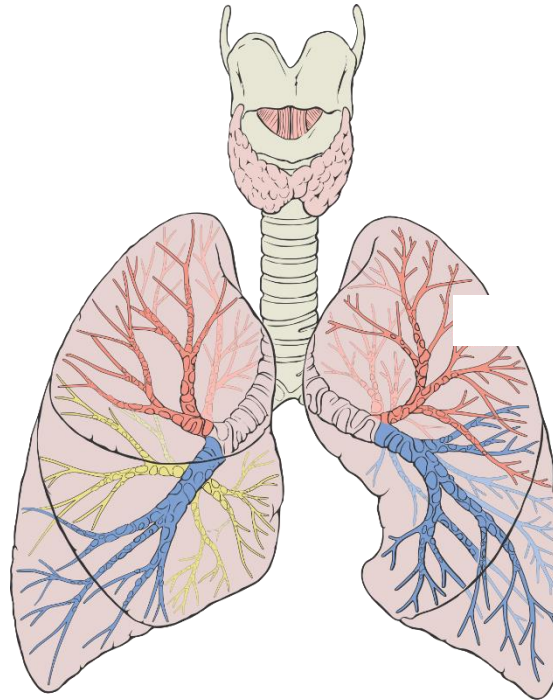
This energy is used all over the body for movement, growth, repair and defence.

Veins carry blood from the body to the heart, whereas arteries carry blood away from the heart to the body.

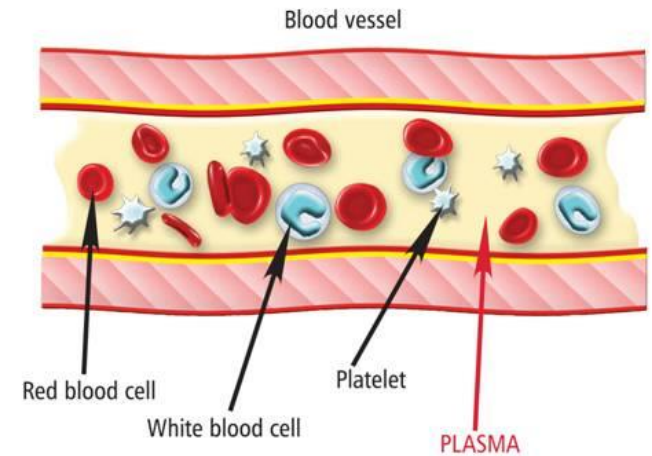


Capillaries are very tiny blood vessels that connect arteries and veins.

The lungs are the organs that we use to breathe.



Red blood cells transport oxygen.
White blood cells fight disease.
Platelets cause the blood to clot when you have a cut.



1. Your heart rate increases.

2. Blood moves quicker around the body – higher pulse rate.

3. Blood and muscle temperature rises.

4. Blood vessels near the skin surface dilate to get rid of heat.

5. Your muscles work harder – contracting and relaxing.

6. You begin to sweat to cool yourself down and to get rid of some urea.

7. Increased breathing rate.

