



Please do not print me!

Remember to print from page 2 to avoid wasting paper and ink.

If you do find me, then visit [twinkl.co.uk](https://www.twinkl.co.uk) to find out why **millions of educators** worldwide love twinkl.

A brief word about copyright...

By downloading this resource, you agree to the following:



You may use this resource for personal and/or classroom use only.

In order to support us, we ask that you always acknowledge www.twinkl.co.uk as the source of the resource. **If you love these resources, why not let others know about Twinkl?**



You must not reproduce or share this resource with others in any form. They are more than welcome to download the resource directly from us.

You must not host or in any other way share our resources directly with others, without our prior written permission.

We also ask that this product is not used for commercial purposes and also that you do not alter the digital versions of our products in any way.

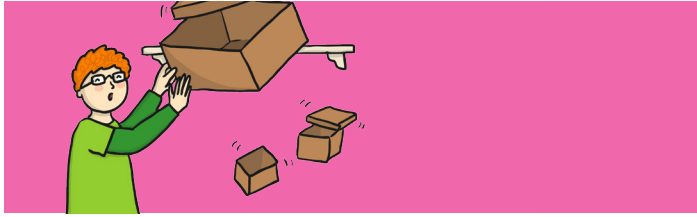
Thank you for downloading!

Twinkl Educational Publishing. Your first choice for easy to use, trusted and high quality teaching materials for educators and parents worldwide
- professionally crafted materials with a personal touch.

[twinkl.co.uk](https://www.twinkl.co.uk)

Introduction

Children will build on their knowledge and understanding of different systems within the body. They will research the parts and functions of the circulatory system. They will focus on how nutrients are transported around the human body. Children will explore how a healthy lifestyle supports the body to function and how different types of drugs affect the body.



Health & Safety

During the exercise investigation, ensure that children are rested between activities and are given water to drink as needed.



Home Learning

Year 6 Animals Including Humans Crossword: A differentiated crossword to reinforce learning from the whole of the unit, focusing in particular on the circulatory system, the transportation of water and nutrients and the impact of substances on the body.

Circulatory System Paper Model: Create your own paper model of the circulatory system by connecting the different parts together and using red and blue string or wool to represent the blood vessels.



Wider Learning

[Human Body app](#) (ios) allows children to manipulate the circulatory system as well as recap the skeletal, muscular and digestive systems.

An [informative website](#) where the children can learn more about the benefits of exercise and the difference between different types of substances.

An [interactive BBC quiz](#) on keeping healthy aimed at KS2 children.

Assessment Statements

By the end of this unit...

...all children should be able to:

- Identify the main parts of the circulatory system.
- Explain the main functions of the heart, lungs and blood vessels in the circulatory system.
- State how the digestive system breaks down nutrients.
- Explain what constitutes a healthy lifestyle.
- Describe how drugs and alcohol can impact negatively on the body.
- Take accurate measures of the pulse rate.
- Record results and write a report which includes a conclusion.

...most children will be able to:

- Demonstrate prior knowledge of systems within the human body.
- Explain the specific functions of the lungs in the circulatory system.
- Understand the processes of how water and nutrients are transported in the body.
- State the beneficial impact of a healthy diet and exercise on the human body.
- Describe how smoking cigarettes impacts negatively on the body.
- Decide on the most appropriate type of investigation for their question.
- Take repeat readings if necessary.
- Report the degree of trust they have in their results.

...some children will be able to:

- Name the organs, the main parts of those organs and the functions of each in the circulatory system.
- Identify and explain the processes which break down food into nutrients.
- Understand how the circulatory and digestive system connect to transport water and nutrients throughout the body.
- Identify and explain the variables they will control in an investigation.
- Choose the most appropriate graph to present their data.
- Explain how scientific evidence has changed ideas about smoking.

Lesson Breakdown

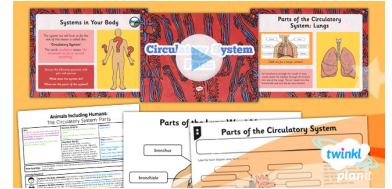
1. The Circulatory System: Parts

To identify and name the main parts of the human circulatory system by recalling prior knowledge of systems in the human body and labelling a diagram.

- I can identify and name the parts of the human circulatory system.

Resources

- Lesson pack

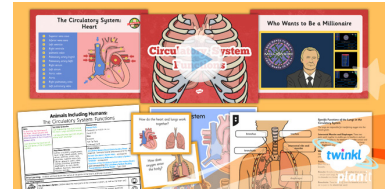


2. The Circulatory System: Functions

To describe the functions of the heart, blood vessels and blood by investigating how the different parts of the circulatory system work.

- I can describe the functions of the main parts of the circulatory system.

- Lesson pack
- Computer or mobile device
- Scratch 2.0
- Glue
- Scissors
- Felt tip pens
- Coloured card

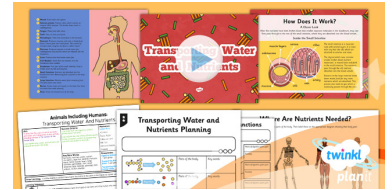


3. Transporting Water and Nutrients

To describe the ways in which nutrients and water are transported within animals, including humans in the context of the human body.

- I can explain how water and nutrients are transported within the body.

- Lesson pack
- A3 paper
- Tissue paper
- Coloured card
- Felt tips
- Coloured pencils
- Crayons



4. Healthy Lifestyle

To recognise the impact of diet and exercise on the way their bodies function by describing the effects of a healthy lifestyle.

- I can describe how diet and exercise impact on human bodies.

- Lesson pack
- Relevant topic books
- Laptops/computers/tablets for internet research



5. Exercise Investigation

To plan different types of scientific enquiries to answer questions, including recognising and controlling variables where necessary taking measurement with increasing accuracy and precision, taking repeat readings when appropriate by creating an enquiry that compares and categorises different forms of exercise and by taking accurate pulse measurements to gather data.

- I can plan a scientific enquiry.

To record data and results of increasing complexity using classification keys, tables, scatter graphs, bar and line graphs.

To report findings from enquiries, including conclusions and degree of trust in results, in written forms by reporting and presenting the findings of their enquiry.

- I can record, report and present results appropriately.

- Lesson pack
- [BBC learning zone video clip](#)
- Laptops/computers/tablets with graphing software
- Squared paper



6. Impact of Drugs and Alcohol

To recognise the impact of drugs on the way their bodies function in the context of drugs and alcohol.

- I can explain the impact of drugs and alcohol on the body.

To identify scientific evidence that has been used to support or refute ideas or arguments in the context of changing attitudes to smoking.

- I can describe how scientific evidence highlighted the dangers of smoking.

- Lesson pack
- Glue
- Scissors
- Felt tips
- Colouring pencils

