

# The Circulatory System

## Key Vocabulary

**Circulatory system**

A system that includes the heart, veins, arteries and blood transporting substances around the body

**Heart**

An organ which constantly pumps blood around the **circulatory system**

**Blood vessels**

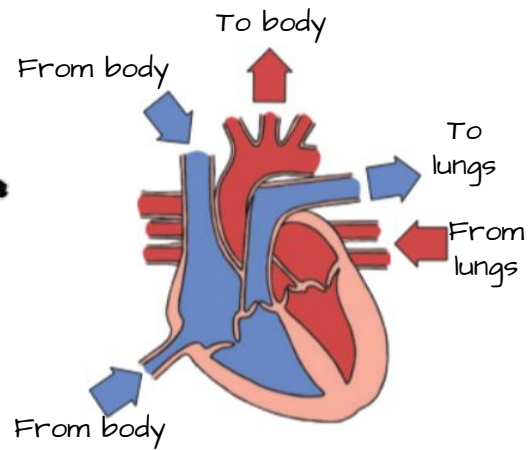
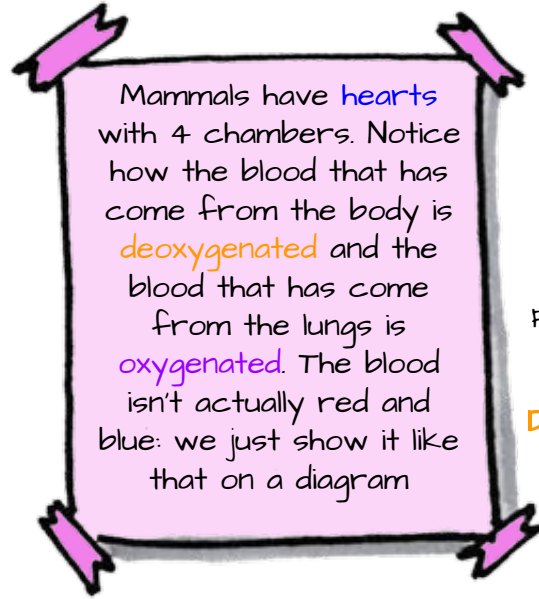
The tube-like structures that carry blood through the tissues and organs. veins, arteries and capillaries are the three types of blood vessels.

**Oxygenated blood**

**Oxygenated blood** has more oxygen. It is pumped from the **heart** to the rest of the body

**Deoxygenated blood**

**Deoxygenated blood** is blood where most of the oxygen has already been transferred to the rest of the body

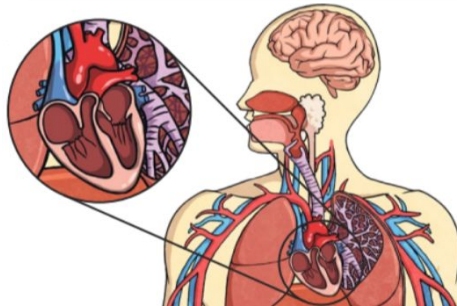


**Deoxygenated blood**

**Oxygenated blood**

Capillaries are the smallest **blood vessels** in the body and it is here that the exchange of water, nutrients, oxygen and carbon dioxide takes place

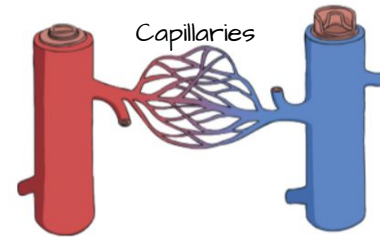
The **heart** pumps blood to the lungs to get oxygen. It then pumps this **oxygenated blood** around the body



Arteries

Veins

Arteries carry **oxygenated blood** away from the **heart**



Veins carry **deoxygenated blood** towards the **heart**

If you linked up all of the body's **blood vessels**, including arteries, capillaries and veins they would measure over 60,000 miles

## Key Vocabulary

### Drug

A substance containing natural or man-made chemicals that has an effect on your body when it enters your system

### Alcohol

A drug produced from grains, fruits or vegetables when they are put through a process called fermentation

### Nutrients

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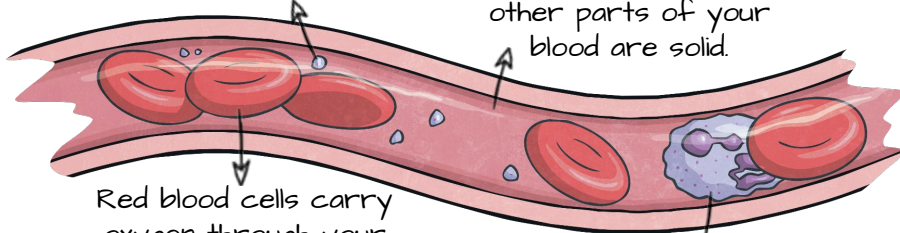
Blood transports:  
Gases  
Nutrients  
Waste products

Platelets help you stop bleeding when you get hurt

Plasma is liquid. The other parts of your blood are solid.

Red blood cells carry oxygen through your body

White blood cells fight infection when you're sick



### Regular exercise:

- Strengthens muscles including the heart muscle
- Improves circulation
- Increases the amount of oxygen around the body
- Releases brain chemicals which help you feel calm and relaxed
- Helps you sleep more easily
- strengthens bones

It can even help to stop us from getting ill

