



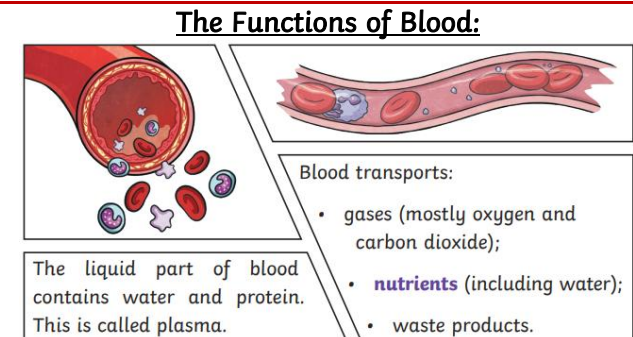
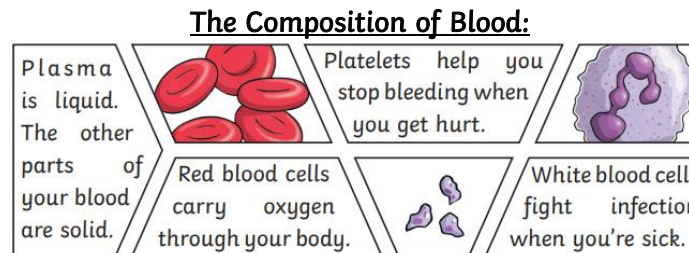
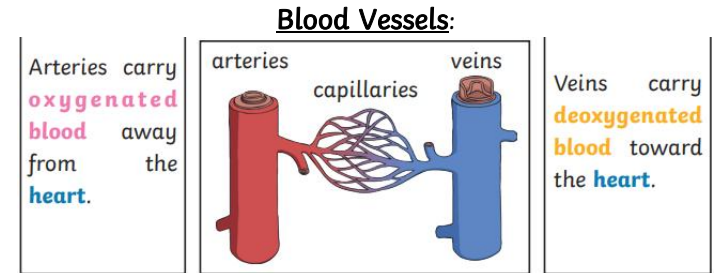
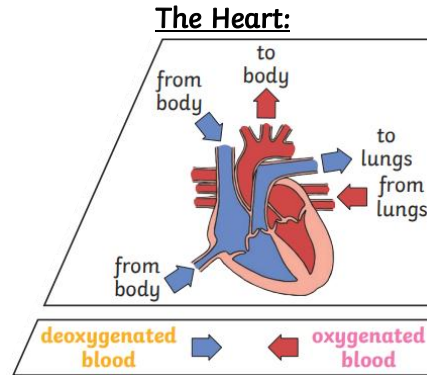
Science – Animals, including humans



Concept – Getting nutrition to your cells

Vocabulary

- **circulatory system:** A system which transports substances around the body.
- **blood vessels:** The tube-like structures that carry blood through the tissues and organs.
- **oxygenated blood:** Oxygenated blood 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.



- Regular exercise:**
- strengthens muscles including the heart muscle;
 - 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.

