



### What should I already know?

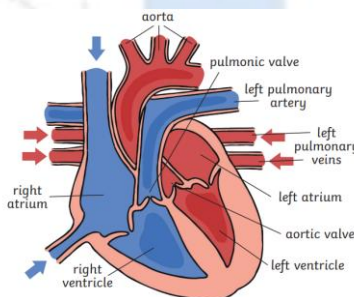
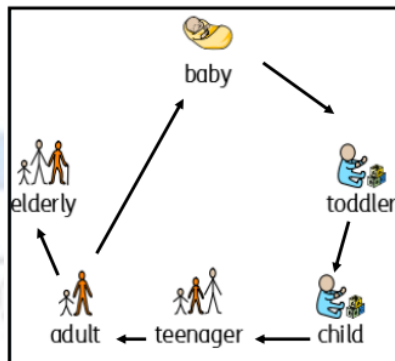
- Animals can be grouped into **vertebrates** (and then further into fish, reptiles, amphibians, birds and **mammals**).
- A life cycle is the changes that a plant or animal goes through from birth to death.
- Reproduction** and **growth** are two of the seven life processes.

### The Circulatory System

- This is a system which includes the heart, veins, arteries and blood and transports substances around the body
- The heart pumps blood to the lungs to get oxygen which then travels around the body in arteries
- The veins then take the deoxygenated blood back to the heart
- Red blood cells carry oxygen through your body
- Platelets help you stop bleeding when you get hurt
- White blood cells fight infection when you're sick

### Drugs, Exercise and Heart Rate

- Drugs, alcohol and smoking can have negative effects on the body
- Drugs can be legal or illegal
- Doing exercise impacts your heart rate – the more exercise you do, the faster your heart will beat
- Your heart beats per minute is recorded as bpm



### Technical vocabulary

Heart	An organ that constantly pumps blood around the body
Blood vessels	The tube-like structures that carry blood through the tissues and organs – these are veins, arteries and capillaries
Drug	A substance that has an effect on your body
Life cycle	The changes a living thing goes through throughout its life
Puberty	The period of physical change that happens during adolescence
Life Expectancy	The length of time, on average, that a particular animal is expected to live

### Human Development

- When a baby is born, it undergoes rapid development and becomes a toddler, then a child
- Toddlers learn to walk and talk
- Children learn new skills and become more independent
- In adolescence, the body begins to change during puberty. The changes occur to enable reproduction during adulthood.
- In adulthood, the body is at its peak of fitness and strength. This is when reproduction usually happens
- In old age, our bodies begin to decline and our hair might turn grey.



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