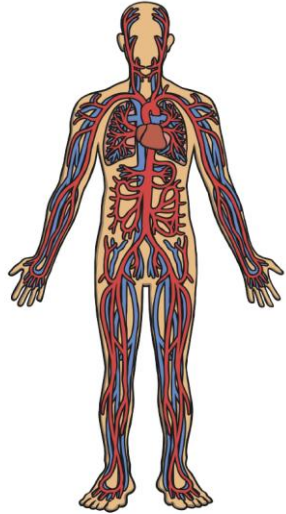
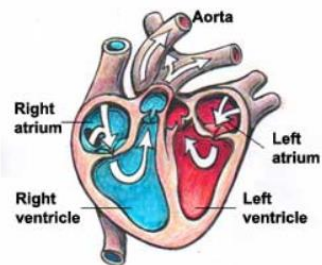


Circulatory system



Your circulatory system is made up of three parts: the heart, blood vessels and the blood itself.

Heart



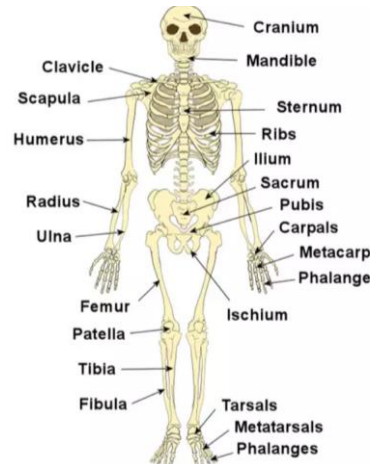
Your heart keeps all the blood in your circulatory system flowing.

Blood vessels



Blood vessels are a series of tubes inside your body. They move blood to and from your heart.

Skeleton



Many animals have skeletons to support and protect their body and to help it move. The human skeleton is made of bones and grows as we grow.

Animals including humans

UPPER SCHOOL

Diet

The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the

Exercise



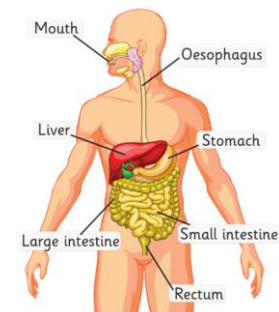
When you run around outside or play ball and chase at school, you are exercising. Playing sports, dancing, and doing push-ups - even reaching down to touch your toes - all count as exercise. When you exercise, you make your body stronger.

Muscles



Muscles are attached to bones by tendons and help them to move.

Digestive system



The food we eat has to be broken down into other substances that our bodies can use. This is called digestion. Digestion happens in the digestive system.

Drugs

Most drugs are used to help someone get better if they're ill, and we call them medicines. However, some medicines and drugs can be harmful. You should always check with a doctor or an adult you trust before taking them.

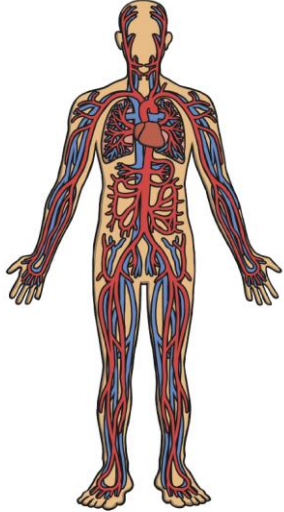
Alcohol

Alcohol changes the way that your brain works, which means that after drinking you may do silly things. Examples of alcohol are beer, wine, spirits and cider.

Healthy lifestyle

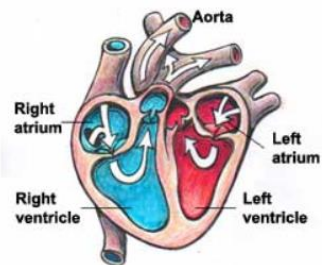
For your body to work properly, it needs a balanced diet, exercise and enough sleep.

Circulatory system



Your circulatory system is made up of three parts: the heart, blood vessels and the blood itself.

Heart



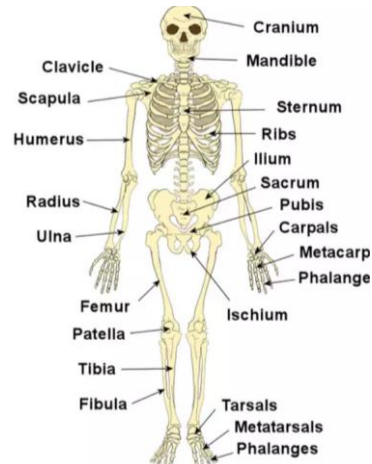
Your heart keeps all the blood in your circulatory system flowing.

Blood vessels



Blood vessels are a series of tubes inside your body. They move blood to and from your heart.

Skeleton



Many animals have skeletons to support and protect their body and to help it move. The human skeleton is made of bones and grows as we grow.

Animals including humans

UPPER SCHOOL

Diet

The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the

Exercise



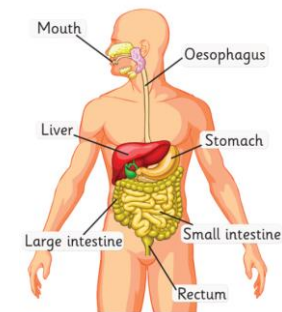
When you run around outside or play ball and chase at school, you are exercising. Playing sports, dancing, and doing push-ups - even reaching down to touch your toes - all count as exercise. When you exercise, you make your body stronger.

Muscles



Muscles are attached to bones by tendons and help them to move.

Digestive system



The food we eat has to be broken down into other substances that our bodies can use. This is called digestion. Digestion happens in the digestive system.

Drugs

Most drugs are used to help someone get better if they're ill, and we call them medicines. However, some medicines and drugs can be harmful. You should always check with a doctor or an adult you trust before taking them.

Alcohol

Alcohol changes the way that your brain works, which means that after drinking you may do silly things. Examples of alcohol are beer, wine, spirits and cider.

Healthy lifestyle

For your body to work properly, it needs a balanced diet, exercise and enough sleep.