



Year 6 – Summer 1

Journeys

Topic focus: Science & History

This is the knowledge organiser for our topic. It includes all key facts and vocabulary. Please share this with your child to help them develop their knowledge and understanding of our topic.

History - What was the Sikh Empire?



| | | | |
|---------------------------------|--|--------------------|--|
| culture* | A group of people's way of life, such as their traditions, languages, food and arts. | politics* | Actions or activities related to getting or using power. |
| cultural exchange* | People from different places share and learn from each other's ways of life, like their music, food, language or traditions. | remarked | A person or event that was reported on at the time and later. |
| historically significant | A person, event, place or idea that is considered important. | Sikh Empire | A powerful kingdom based in the Punjab, founded and led by Ranjit Singh from 1799 to 1849. |
| legacy* | Past events or actions which have had a lasting impact. | society* | A group of individuals living together in a community. |
| perspective* | How someone sees things based on what they know and how they feel. | tax* | A certain amount of money that is paid to the government. |

The Sikh Empire

The Sikh Empire was founded in the early 19th century by Ranjit Singh who united the 12 Sikh Misls (independent states). The empire expanded to include regions that today are within India, Pakistan and parts of Afghanistan. With Lahore as its capital, the empire was a symbol of Sikh strength and religious inclusion.



Credit: World History Archive / Alamy Stock Photo

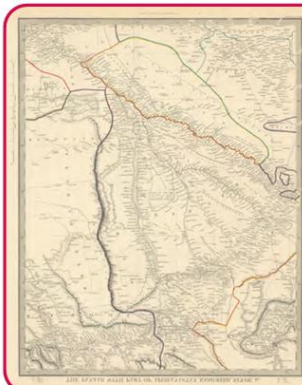


Maharaja Ranjit Singh

Ranjit Singh was a brave and clever leader who created the Sikh Empire in the early 1800s. He built a powerful army and ruled fairly, allowing people of all backgrounds and faiths to live peacefully. The Sikh Empire grew to be rich and successful because of his reforms including improving trade, roads and buildings, like coating the Harmandir Sahib gurdwara in gold.

Credit: World History Archive / Alamy Stock Photo

1



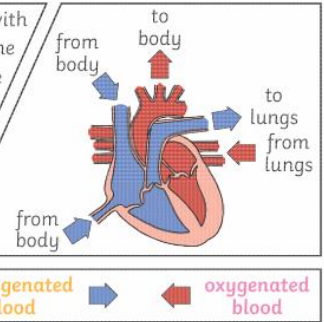
Credit: Katerina Lesniewski / Alamy Stock Vector

ਸਿੱਖ ਈਮਪਾਇਰ 1806
 ਸਿੱਖ ਈਮਪਾਇਰ ਅਤੇ ਉਥੇ ਸਿੱਖ ਈਮਪਾਇਰ ਦੁਆਰਾ
 ਆਏ ਸਨ: ਇਹ ਸਿੱਖ ਈਮਪਾਇਰ ਦਾ
 (ਈਸ) ਅਤੇ ਈਸ, (ਈਸ) ਅਤੇ ਇਹ ਈਸ
 ਸੀ ਜਿਸਦੀ ਸ਼ੁਰੂਆਤ ਸਿੱਖ ਈਮਪਾਇਰ ਦੁਆਰਾ, ਜਿਸਦੀ ਸ਼ੁਰੂਆਤ
 ਸਿੱਖ ਈਮਪਾਇਰ ਦੁਆਰਾ ਸੀ। ਇਹ ਈਸ
 ਸਿੱਖ ਈਮਪਾਇਰ ਦੁਆਰਾ ਸੀ।

ਈਸ

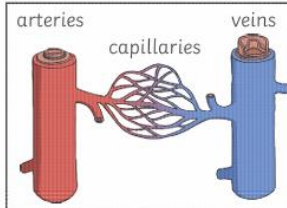
| Key Vocabulary | |
|---------------------------|---|
| circulatory system | A system which includes the heart, veins, arteries and blood transporting substances around the body. |
| heart | An organ which constantly pumps blood around the circulatory system . |
| blood vessels | The tube-like structures 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. |

Mammals have **hearts** with four chambers. Notice how the blood that has come from the body is **deoxygenated**, and the blood that has come from the lungs is **oxygenated** again. The blood isn't actually red and blue: we just show it like that on a diagram.



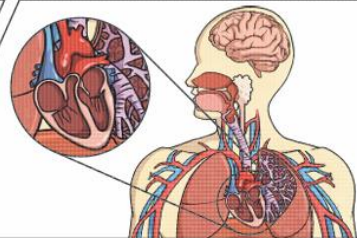
Capillaries are the smallest **blood vessels** in the body and it is here that the exchange of water, nutrients, oxygen and carbon dioxide takes place.

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



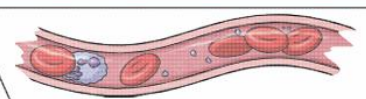
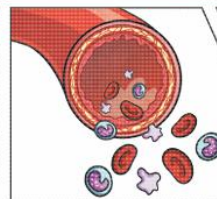
Veins carry **deoxygenated blood** toward the **heart**.

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



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 | Substances that animals need to stay alive and healthy. |

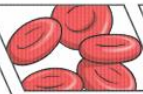


Blood transports:

- gases (mostly oxygen and carbon dioxide);
- nutrients** (including water);
- waste products.

The liquid part of blood contains water and protein. This is called plasma.

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



Platelets help you stop bleeding when you get hurt.



Red blood cells carry oxygen through your body.



White blood cells fight infection when you're sick.

Drugs, **alcohol** and smoking have negative effects on the body.



A healthy diet involves eating the right types of **nutrients** in the right amounts.



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.

