

## Numeracy

- How much water do you drink per day? How will you measure this? Keep a record in centilitres or Millilitres over 1 week.
- Find out about the size and structure of a human heart and compare it to the size, structure and number of hearts in other animals. (Worms have 5!)
- Time yourself doing star jumps, twice a day, for a minute, for a whole week. Complete a graph to show your average jumps per day. Remember you are looking at data over time. Tell us about the data.
- Can you measure out and mix the ingredients to produce a heart related bake?

## Out and About!

- Try a new sport, activity or hobby and present what it was like, what the best part was and what you weren't so keen on.
- Take photographs of health and fitness outside of school. Think about how you can present your photographs.



## Literacy

- Write a leaflet on how to keep the human body healthy. Suggest food groups, exercise and your knowledge of the digestive, respiratory and circulatory systems to make it as informative as possible.
- Find examples of proverbs or idioms relating to the heart, such as 'wear your heart on your sleeve' or 'eat your heart out'. See how many you can find and explain what they mean.
- Create an information text about your favourite sport. Think about: What is the sport? What equipment is used? How do you play it? Famous people who play the sport.

## Working with Others

- Measure your family's resting heart rates before putting them through their paces. Ask them to hop, skip, jump, and run measuring their heart rates after each activity. Fill in a table or spreadsheet with everyone's results before looking for patterns in the data. Who has the slowest heart rate? Which exercise gave the biggest increase in heart rate?
- Design an active game and test it out on your family and friends.

# Homework Choice Grid Keeping Healthy

**Please complete at least 6 activities by  
Friday 8<sup>th</sup> October**

## Expressive Arts

- Create a piece of artwork around the human heart. Be as creative as you like.
- Create your own cartoon strip that shows how blood journeys through the body.
- Make a collage showing healthy living using different materials. Challenge - Add to the collage to create depth in your piece.

## Let's Get Technical!

- Create a poster using IT to alert people to the dangers of an unhealthy diet.
- Make a package for a new healthy cereal bar. You must make the box from a net and design the name/packaging and nutritional info.

## Health and Wellbeing

- We can measure our heart rate by measuring our pulse. We can do this on our wrist (radial) or on our elbow crease (brachial). Can you find any more places to measure pulse? Which one has the strongest pulse? Create a diagram or table and describe the differences in how easy it is to measure across your body.
- Be kind to your heart! Research information and plan ideas for a weekly menu of food that your heart would love.

## Social Studies

- We are going to be looking at these famous scientists: Marie Curie, Marie Maynard-Daly and Daniel Hale-Williams. Can you research another scientist or doctor who has pioneered something related to the body?

