

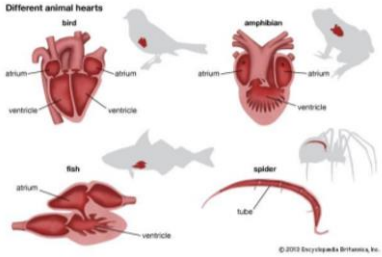


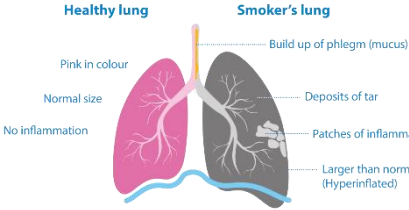


Autumn Term 2 – Beats and breaths optional topic homework

Handed out 4.11.25

Return to school on 15.12.25

Further your knowledge of our topic at home by completing one of the homework projects below. You will have the chance to showcase your work to your classmates and you will be rewarded with proud points for your efforts.

<p><u>Healthy Hearts</u></p> <p>Find out how to keep your heart healthy. Write a set of instructions for an adult audience explaining how they can keep their heart healthy. Visit the British Heart Foundation website for useful information.</p> 	<p><u>Our Heart</u></p> <p>Draw and label a diagram of the heart OR make a model of a heart. Then write a short paragraph to describe how it works. If you prefer you could make a short video about how the heart works</p>  <p>instead.</p>	<p><u>Different animals' hearts</u></p> <p>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 five!</p> 
<p><u>Heart surgeons</u></p> <p>Find out about some famous heart surgeons. What do you need to study to become a heart surgeon? How long would it take if you started right now? What skills and personality would make you successful in this role?</p> 	<p><u>Pulse and Exercise</u></p> <p>Find out about the different pulse points on the human body, including the side of the neck, wrist, top of the thigh, elbow crease. Test the different pulse points – which one has the strongest pulse? 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 a</p> 	<p><u>Healthy Lungs</u></p> <p>Research how smoking has a negative effect on our lungs/health. You can make a poster/comic to show what you have learned.</p> 

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	spreadsheet with everyone's results before looking for patterns. Who has the slowest heart rate? Which exercise caused the biggest increase in heart rate?	
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