

"Blood Heart"

Owl class Homework grid Spring Term 2019 (2nd half)



You must complete 2 of the homework tasks, and you must choose from both rows.

I expect the work to be of good quality and to be well presented. Remember to challenge yourself too.

Homework should be in on Monday 18th March (1st piece) and Monday 1st April (second piece) for sharing during that week.

Create a life-size model of the human heart using any suitable resources. Label the main parts and functions of the heart.	CPR stands for cardiopulmonary resuscitation . It's a lifesaving medical procedure which helps to pump blood around the person's body when their heart can't. Create a poster or leaflet explaining how to deliver CPR to somebody in an emergency situation.	What do we mean by 'heart-stopping'? Write about a 'heart stopping' moment in your life.	Find examples of proverbs or idioms relating to the heart eg. "wear your heart on your sleeve" or "eat your heart out." See how many you can find and explain what they mean.	Songwriters are often inspired by the heart. Search for songs about heartbreak or cheer yourself up by making a playlist of songs to make your heart sing!
Find out about the size and structure of the human heart and compare it to other animals. (Worms have five!)	Measure your family's heart rates before putting them through their paces. Ask them to hop, skip, jump, jog and sprint, measuring their heart rates after each activity. Fill in a table or spreadsheet with the results. Can you present your data as a chart or graph?	Create an exercise plan for maintaining a healthy heart.	Research information and plan ideas for a weekly menu of food that your heart would love!	Blood doping is a major problem in competitive sport. Research how it can enhance an athlete's performance and the effects that it has on the human body. You could also look into Lance