

## "Blood Heart"

## Owl class Homework grid Summer Term 2021 (1st half)



You must complete 2 of the homework tasks, and you must choose one from each row.

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

Homework should be in on Tuesday 4<sup>th</sup> May (1<sup>st</sup> piece) and Monday 17<sup>th</sup> May (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.	<b>CPR</b> stands for cardiopulmonary <b>resuscitation</b> . 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! Perhaps you can create a sound clip of some of your songs.
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!	Maintaining a healthy heart is only part of our overall wellbeing.  Plan out two or three wellbeing tasks for your family, and find out from them how they felt during and after these tasks.