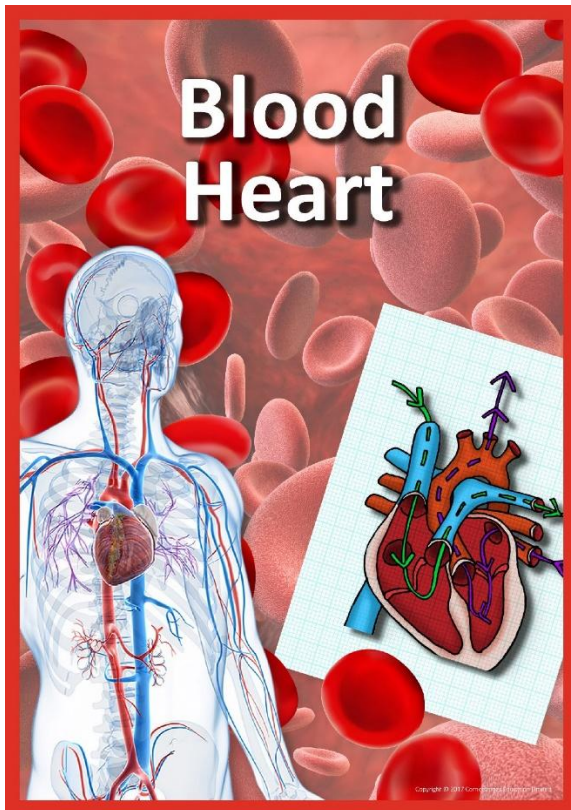




## **Homework activities Term 2**

Crimson, scarlet, burgundy, cherry... blood flows through our bodies in all its vibrant shades of red. Let's explore our circulation system! Now surgeons, don't be squeamish as we dissect an animal heart and examine the veins, arteries and chambers up close. They all work hard to move blood around our bodies.

Each week, pick one of the activities below to carry out at home and upload your work to the assignment on Teams either as a photograph, word document or power point file.

### **Be kind to your heart!**

Research information and plan ideas for a weekly menu of food that your heart would love. Spinach, porridge, blueberries, salmon and soya protein are all heart-healthy.

### **Heart idioms**

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.

### **Famous heart surgeons**

Find out about some famous heart surgeons. What would 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?

### **Anti-smoking**

Create an anti-smoking poster warning people of the dangers of smoking and the effect it has on your body.

### **"Heart-stopping"**

Think about what we mean by 'heart-stopping'. Write about a 'heart-stopping' moment in your life. Describe to another person the bodily sensations experienced and then capture it in words as accurately as you can.

### **Songwriters**

Song writers are often inspired by the heart. Search for songs about love or heartbreak. Can you write your own song lyrics about love?

### **'Blood is thicker than water'**

What does the phrase 'Blood is thicker than water' mean? Write a short story using this as the title.

### **Red blood cell journey**

Imagine you are a red blood cell. Write a diary entry of your journey around the human body.

### **Heart comparisons**

Find out about the size and structure of the human heart and compare it to the size, structure and number of hearts in other animals. (Worms have 5!)

### **Exercise plan**

Create and exercise plan for maintaining a healthy heart.