

Creative Home Learning Ideas

Blood Heart



Our Spring 1 topic will be about the circulatory system. This topic is a science based one but there are plenty of cross curricular links to other subjects too. We are using the text *Pig Heart Boy*, by Malorie Blackman, in our English work. Whilst we are not able to do everything that we planned due to the current situation, we are still ensuring that we teach the main Y6 science objectives and giving the children an insight into how this fascinating system in our bodies operates!

Below are some ideas for home learning based around our new topic. There are great opportunities here for children to share research and writing; or to be creative and artistic with models and pictures. Please read the ideas with your child and let them choose which activities they would like to complete at home with you or on their own over the coming weeks. Completed projects can be shared with us via Seesaw or Class Dojo.

- Create an exercise plan for maintaining a healthy heart.
- 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 soy protein are all heart-healthy.
- Find out about the historical tradition of Valentine's Day. Why are hearts traditionally used as symbols of love?
- 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!
- Look out for heart shapes around you – in decorative ironwork, embellishments in clothing and jewellery, and even in nature itself. Photograph your findings and make a colourful montage.
- Think about what is meant by 'heart-stopping'. Write about a 'heart-stopping' moment in your life. Describe to another person the bodily sensations experienced, and then capture the moment in words as accurately as you can.
- 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?
- Find out more 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!
- 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 caused the biggest increase in heart rate?
- 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.

These activities are intended to be fun and to provide inspiration to build on learning from school. Other ideas are welcome too! Please just ask if you have any queries.