|  |  |  |
| --- | --- | --- |
| **Create an exercise plan for maintaining a healthy heart. Be kind to your heart!** | **Create a healthy menu for Usain Bolt.** **He would like a good selection food. Make sure to include a starter, main course, dessert sand drinks.**  | **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!)** |
| **Create a healthy smoothie at home. Write a set of instructions for how to make a smoothie, bring in a picture of what you make.**  | **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.** | **Find 10 wow facts about the heart, make sure to display it in the form of a poster.**  |
| **Find out about famous heart surgeons. Write 10 facts about 2 surgeons of your choice.**  | **Measure your resting heart rate, record it in a table. Then complete 3 different exercise activities for 120 seconds, measure your heart rate for 60 seconds after- add this to your table. Then display this data into a bar chart. You could even test a sibling or parent too.**  | **Create a model of the heart, labelling the main valves, chambers and arteries.**  |
|  |