Blood Heart

These activities are for you to do at home. You can do all of them or choose the ones that you find most interesting.

Activities

1. Draw and label a diagram of the heart. Write a short paragraph to describe how it works.

2. Find out about the components and functions of blood by reading non-fiction books, watching animations and visiting useful websites. Write a short non-chronological report about the function of blood.

3. Find out how to keep your heart healthy. Write a set of instructions for an adult audience explaining how they can keep their heart healthy. Visit the British Heart Foundation website for useful information.

4. Design a cardiovascular workout for you and your family. Draft a plan and invite everyone to join in, then ask them to evaluate your routine.

5. Find out about William Harvey and why he is significant. Write a short profile about him and his work.

6. Draw a flow diagram to illustrate the circulatory system, adding notes to explain each stage of the process.

7. Read the final two verses of the John Donne poem, *The Broken Heart*. Ask an adult to discuss the meaning of the poem with you and rewrite the poem in modern language.

8. Finish your home learning by writing a summary of the topic, explaining what you have learned about the circulatory system.

Useful websites

British Heart Foundation – How a healthy heart works
BBC Bitesize – The heart and how it works
DKfindout! – The heart
Luminarium – *The Broken Heart* by John Donne
NHS – How do I check my pulse?
BBC History – William Harvey

Good reads

Title	Author	ISBN
Pig Heart Boy	Malorie Blackman	9780552555616
Your Heart and Lungs (Science in Action)	Sally Hewitt	9781912413720
Heart and Lungs	Andrew Solway	9781445138817
Your Hardworking Heart and Spectacular Circulatory System (Your Brilliant Body!)	Paul Mason	9780778722243
Keeping fit (Healthy for Life)	Anna Claybourne	9781445149738
Bodies: The Whole Blood-Pumping Story (Science Sorted)	Glenn Murphy	9781447254591