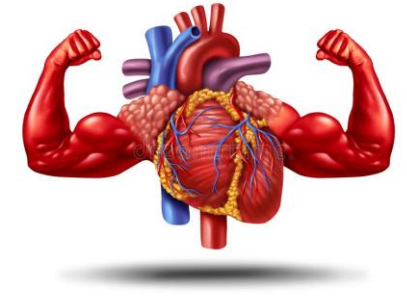


# Home Learning Grid: Spring 2 Bloodheart



Maths and English home learning will be given out weekly, you must complete this.

The ideas below are *optional*, you can complete as many or as few as you would like. Remember there is also 'MyOn' to read additional books online, MyMaths to practise maths and links on our school website to learning games and activities!

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?
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 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!
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.	Find out about the different pulse points on the human body, including the side of the neck (carotid), wrist (radial), top of the thigh (femoral) and elbow crease (brachial). Test the different pulse points – which one has the strongest pulse?	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?