

## Year 5 Topic Homework – Spring 2

Choose **one** item from the table below to complete this half term. You may complete more than one task if you wish and it is not compulsory! Please see Mr McCluskey, if you would like any further explanation. Our main topic this half term is titled, 'Blood Heart' and focuses on the body's most vital organ – the heart! We will explore the human circulatory system, measure heart rates, study different blood groups and assess how different lifestyle choices can affect the heart

<p style="text-align: center;"><b><u>Scientific investigation</u></b></p> <p>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?</p>	<p style="text-align: center;"><b><u>Healthy eating</u></b></p> <p>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.</p>	<p style="text-align: center;"><b><u>Fitness!</u></b></p> <p>Create an exercise plan for maintaining a healthy heart.</p>	<p style="text-align: center;"><b><u>History/Research</u></b></p> <p>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?</p>
<p style="text-align: center;"><b><u>Art</u></b></p> <p>Collect red colour charts from a DIY store and compare the shades and names. Mix paint to create a favourite shade of red.</p>	<p style="text-align: center;"><b><u>Research and share</u></b></p> <p>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!</p>	<p style="text-align: center;"><b><u>Scientific investigation</u></b></p> <p>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?</p>	<p style="text-align: center;"><b><u>Create and share</u></b></p> <p>Create a word search or crossword using vocabulary and clues from our topic!</p>