

# 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 |

