



## Blood Heart

Let's explore our circulatory system!

We'll be learning how the circulatory system works and then applying this to an investigation on how heart rate is affected by exercise. In D&T, we hope to make model hearts, and test materials. In addition to this, we'll learn about how smoking affects the heart and write adverts to persuade people to stop smoking. We'll visit the 'Give blood' website, and make a flow diagram to illustrate the circulation process.

At the end of the ILP, we'll create fact files to share what we have learned.

ILP focus	Science
English	Independent writing tasks; grammar
Maths	Problem solving
Science	Human circulatory system, measuring heart rate, history of blood groups, lifestyle effects
D & T	Selecting tools and equipment, healthy recipes, product packaging, working models
PE	Gymnastics
PSHE	Healthy me
RE	Looking at 'life journeys' in Hinduism and Islam

How can you help at home?

Your heart will be with you forever, so it's important to look after it. Why not research heart-healthy foods together and try out delicious, nutritious recipes that will make your heart happy? You could also set up an obstacle course in the garden and take each other's pulse before and after exercise to see how it changes. Alternatively, you could investigate advice for keeping your heart healthy and make an informative poster.