

Year 6 'How to Mind Your Heart' Homework Menu
Choose one or more activities to complete.
Due in Friday 7th February 2025

<p>Create a board game based on the circulatory system.</p>	<p>Research lung capacity. How can you test yours?</p>	<p>Create your own food inspired picture using collage.</p>
<p>Design packaging and an advertisement for a healthy new pasta sauce. Why is your sauce healthier than the others on the market?</p>	<p>Make a circulatory system jigsaw puzzle.</p>	<p>Create a wordsearch or board game on the theme of healthy mind, healthy body.</p>
<p>Research and create a fact file on the English physician William Harvey.</p>	<p>Look at all the items that you had for breakfast or dinner and find out which countries they were produced in. Colour these countries on a world map.</p>	<p>Create your own poster offering tips on hygiene in the kitchen or when cooking,</p>
<p>Design a weekly exercise programme for a child of your age. This will need a range of activities that help to develop speed, strength, balance and flexibility.</p>	<p>Create a picture book or cartoon strip for younger children to explain what you have learnt about blood.</p>	<p>Create a model of the heart. You could use Play-Doh, Lego or paper.</p>