



Year 3 Home Learning Menu

Term 3: 'How my body works'

Choose one or more activities to complete.

<p>Create a collage of a healthy meal.</p>	<p>Design a poster explaining the importance of drinking water.</p>	<p>Can you find out 10 amazing facts about the bones in a Human skeleton? Create a factual poster to show what you have learnt</p>
<p>Do a blind-folded fruit and vegetable test with an adult? Can you correctly identify the food? (Different coloured peppers are great for this!)</p>	<p>Make a parachute using different material and describe how gravity and surface area affect their landing? You need to drop the object from the same height for a fair test.</p>	<p>Design and create your own exercise regime. You will need to make sure it includes a warmup, raises heart rate and allows the body to cool down properly.</p>
<p>Draw a human body and label as many muscles as you can. Find out which is the largest and smallest muscle in our bodies.</p>	<p>Create a word search using vocabulary from our topic (words related to bones, muscles, foods including fruit and vegetables). Remember to check your spellings.</p>	<p>Cut some fruit in half and sketch the inside.</p>
<p>Research how much sleep you need at different stages of your life.</p>	<p>Create a short song to recall and name the different food groups.</p>	<p>Create a quiz for your classmates about the human body.</p>

Due in Friday 13th February 2026

Happy, Safe, Successful