

Fun activities to try at home

Science—Animals including Humans (circulatory system and diet)

There are lots of things you can do at home to explore this interesting topic and learn more about the circulatory system and diet in humans.

You could try:

- Measure your pulse before and after exercise (e.g. 10 star jumps) to see how it is affected by exercise
- Create your own stethoscope using a cardboard tube and a funnel!
- Make your own playdoh model of the arteries and veins that form the circulatory system
- Create your own poster to show a healthy plate of food using all the food groups
- Push a toothpick through a large marshmallow



and place on your upturned wrist. Hold it very still and you should see it move up and down!!

Key Vocabulary:

veins, arteries, capilliaries, chambers, beats, oxygen, carbon dioxide, deoxygenated, oxygenated, aorta, pulmonary artery, atriums, ventricles, lungs

Topic- Fairtrade and Nelson Mandela

Here are some ideas are some ideas of activities children may like to try at home to further develop their learning on Fairtrade and Nelson Mandela

You could try:

You could research how far particular foods travel to get to our houses. You may even want to include a break down of the costs and how much the different people FAIRTRAD involved earn (e.g. farmers, people in-



volved in packaging and transport, supermarkets/shops).

- - Research Nelson Mandela- who was and what did he do for South Africa? You could collate your findings to create a powerpoint presentation, poster a factfile.





