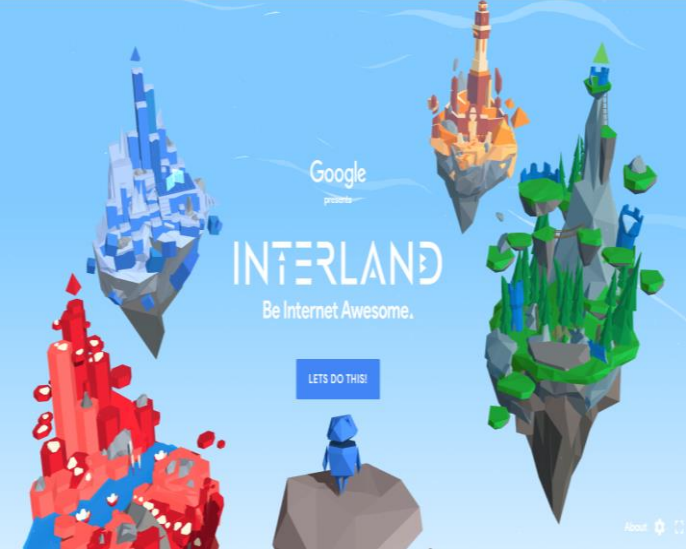
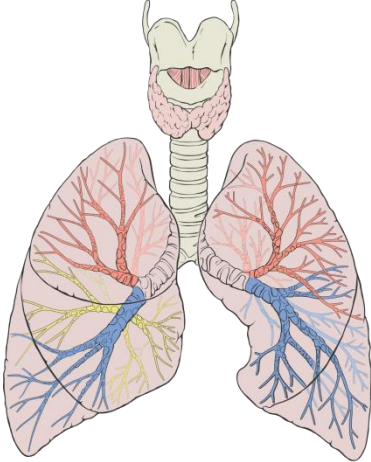


Please do not feel like you have to complete all of these activities, these are just some suggestions as to how you could spend your time at home.

Subject	Theme
<p data-bbox="192 284 405 316"><b><u>Internet Safety</u></b></p> <p data-bbox="192 355 824 427">I have found this amazing internet safety activity which you many enjoy completing:</p> <p data-bbox="192 467 902 499"><a href="https://beinternetlegends.withgoogle.com/en_us/interland">https://beinternetlegends.withgoogle.com/en_us/interland</a></p> 	<p data-bbox="925 284 1321 316"><b><u>Science – The Human Body</u></b></p> <p data-bbox="925 355 1305 387">Creative Activity <b>the Lungs:</b></p> <p data-bbox="925 427 2011 499">Task 1: Create your own model of the lungs, following these instructions (<b>you will need adult assistance</b>): <a href="https://www.smm.org/heart/lessons/lesson7.htm">https://www.smm.org/heart/lessons/lesson7.htm</a></p> <p data-bbox="925 539 2027 643">Task 2: Draw a picture of the lungs and then annotate. If you don't feel confident in your drawing capabilities, you could print of a picture (if you have a printer) or attempt to trace a picture of the lungs.</p> 

Please do not feel like you have to complete all of these activities, these are just some suggestions as to how you could spend your time at home.

## Science/Sport – The Human Body

**Scientific Question:** How does the heart respond to activity?

### Activity:

1. Ask an adult to help you to locate your Carotid pulse (the one in your neck)
2. Find your resting pulse (count the number of beats over 15 seconds and then multiply by 4)
3. Log your results on a graph (you could use my template below to help create your own).
4. Complete each activity, remembering to record your pulse rate after each exercise.

