


<p>Create your own personal fitness challenge. Choose 3 different things to do each day for a minute. Can you beat your scores for each activity? Create a table and keep a log.</p> <p>Date completed:</p>	<p>Be kind to your heart! Research information and plan ideas for a weekly menu of food that your heart would love. Spinach, porridge, blueberries, salmon and soy protein are all heart-healthy.</p> <p>Date completed:</p>	<p>Find out about the size and structure of a human heart and compare it to the size, structure and number of hearts in other animals - worms have five!</p> <p>Date completed:</p>
<p>Collect red colour charts from a DIY store and compare the shades and names. Mix paint to create a favourite shade of red. Use the colour charts, cut them up and create your own abstract art collage.</p> <p>Date completed:</p>	<p><b>Y5/6 Homework Menu</b></p>  <p><b>Autumn 2 2019 - Blood Heart</b></p>	<p>Measure your family's resting heart rates before putting them through their paces. Ask them to hop, skip, jump and run, measuring their heart rates after each activity. Fill in a table or spreadsheet with everyone's results before looking for patterns in the data. Who has the slowest heart rate? Which exercise caused the biggest increase in heart rate?</p> <p>Date completed</p>
<p>Find examples of proverbs or idioms relating to the heart, such as 'wear your heart on your sleeve' or 'eat your heart out'. See how many you can find and explain what they mean.</p> <p>Date completed:</p>	<p>What does the phrase 'blood is thicker than water' mean? Write a short story using this as a title</p> <p>Date completed:</p>	<p>Measure your heart rate at least 8 times over a weekend. How does it change depending on what activity you have been doing?</p> <p>Date completed:</p>
<p>Practise and learn the multiplication and division facts for the following times tables</p> <p style="text-align: center;">4      7      8      11</p> <p>Date completed:</p>	<p><b>Pick one of these tasks and complete it in your homework book. Try to complete at least 6 before the end of term. We have 8 weeks in this term and do not expect every task to be completed.</b></p>	
<p><b>Don't forget to practise your spellings daily and read every day. Also regularly log in to Bug Club to read and complete SPaG exercise. Can you complete any of the reading challenge tasks?</b></p>		