

## Spring 2, week 1: Science

Three science sessions are planned for this week – we are starting to find out about how we can and how animals can be healthy.

### Session 1

\*The first thing that we are going to think about are babies and adults.

\*Your first job will be to match the baby to the adult: As you do this try to look at the pictures and consider:

*\*What do you notice about the babies and adults?*

*\*What are the differences and similarities?*

*\*Does anything surprise you?*

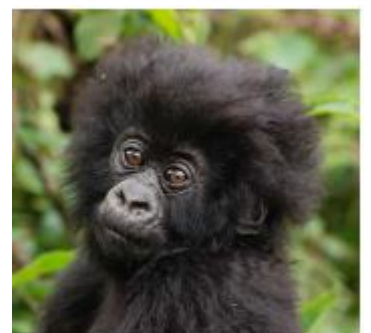
*\*Why do some babies look different to their parents?*

Use this clip to help you:

<https://www.bbc.co.uk/bitesize/clips/z8x76sg>



\*See if you can write down some of the ideas you have.



Now think about:

*What is it like for humans?*

*What different things (or characteristics) do we get from our parents?*

## Session 2

\*The sun is beating down and there are no boats around, in fact you haven't seen one for ages. The waves from the sea are gently crashing over the sandy shore and you can hear the call of seagulls crying in the distance. You are stuck, stranded on a desert island... How do you feel? Hot? Frightened? Maybe you are excited by the fact that you might be able to go on an adventure. To find out for sure, have a think about this situation:

*This desert island has nothing on it from your home. It has sun, sea, sand and a bit of shelter, but nothing else. What would you really miss from home if you were stuck on this island for a long time?*

\*Write down what you would miss and why:

*I would miss...*

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\*Imagine now that a boat passes by, BUT it is only a small local boat and it can't carry lots of things. It can only carry the things we definitely need to survive. Make a list of all the things you think you would need to survive on a desert island. Mark the things you think are in the top 3 by labelling them 1, 2 and 3. Think about *why* these 3 things are the most important!

Use these videos to help you come up with your list!

<https://www.bbc.co.uk/bitesize/clips/zgtr82p>



## Session 3

\*For this session you are going to need a little space as you are going to get active! So make sure that you have somewhere in your house or garden that you can move around. But before we get onto that, you are going to watch some videos about the human body:

This video talks about different organs in our bodies

<http://www.bbc.co.uk/education/clips/zswr39q>



\*Now that you have had a watch and learnt a little about how your body works, you are going to get a bit active! In a minute you will take your pulse, this means that we will be feeling our heart beat, we usually say that we are going to "take our pulse". This is often how many times it beats in 1 minute.

\*You can learn how to take your pulse at the following website, or you can have an adult teach you how to, it's a little tricky at first but once you get the right spot it's easy to feel your blood pumping in your body. If you find this too hard, you can always just put your hand on your chest and feel your heart beating.

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1467>  
#1



\*The first thing you need to do is take your pulse whilst resting, before you have done any activity. Take your pulse and count how many times you can feel your heart beating in a minute and write it down on the sheet on the next page, or a piece of paper. Do this twice to make sure that the number you got is correct.

\*Now it's time to get a bit active! First, make sure you warm up. This is really important because the muscles inside your body are like elastic bands. When they are cold they can get damaged easily, but they work much better when warm.

\*Once you have done this, pick 4 activities that you can do for 1 minute, make sure you take your pulse at the end of each one and count how many times your heart beats and how you felt whilst doing it.






Here are some ideas for different activities you could do without any equipment:

- Jogging on the spot
- Jumping jacks
- Press ups
- Sit ups
- Burpees
- Squats
- Marching on the spot
- Hold front support/plank



# How many beats per minute can I feel?



What was the exercise?	How did I feel? Warm? Thirsty? Out of breath?	How many beats per minute could I count?	I did this activity again and my heartbeat was...
My resting heartbeat (when I was just sitting down)	 adjectives: _____ _____		
	 adjectives: _____ _____		
	 adjectives: _____ _____		
	 adjectives: _____ _____		
	 adjectives: _____ _____		