

Homework Task 1: Become a Heart Scientist

Your challenge

Imagine you are a scientist investigating how the human heart works.
Complete the following:

1.) Draw and label a human heart.

Add the four chambers.

Show where blood enters and leaves the heart.

Use arrows to show the direction of blood flow.

2.) Explain the journey of blood around the body.

3.) Research the three main types of blood vessel:

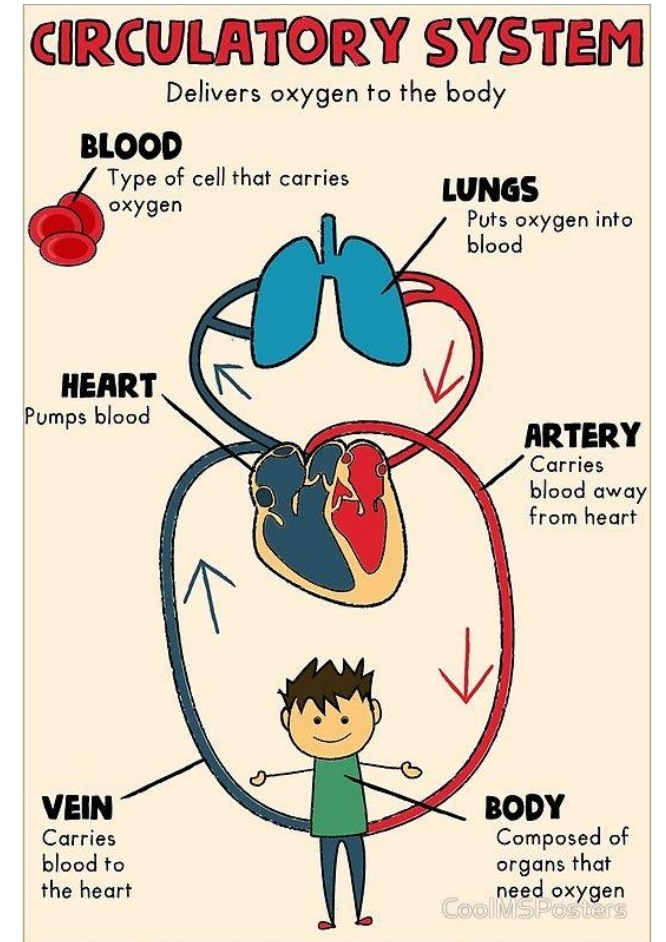
Arteries

Veins

Capillaries

For each one, explain **what it does** and give one interesting fact.

Challenge: Explain why the heart is sometimes described as a pump.



Design a Healthy Human

The mission

A new school is opening and needs a “**Healthy Human Handbook**” for its pupils.

Create an illustrated booklet, poster, presentation or digital document explaining how humans can stay healthy.

Your project must include:

1. Nutrition

Explain why humans need:

- Carbohydrates
- Proteins
- Fats
- Vitamins and minerals
- Fibre
- Water

2. A balanced meal

Design a healthy meal and label the different nutrients it provides.

3. Exercise

Explain how regular exercise helps the body.

Include what happens to:

- Heart rate
- Breathing rate
- Muscles

Superstar challenge

Create a “**Myth or Fact?**” page containing five statements about health. For example:

“Your heart stops when you sleep.”

The reader has to decide whether each statement is a myth or fact before reading the explanation.

Become a Geography Explorer

Create your own **annotated world map**.

Include:

- The Equator, Prime Meridian, Tropic of Cancer and Tropic of Capricorn
- Arctic Circle and Antarctic Circle
- At least 6 continents and 5 oceans
- Lines of latitude and longitude
- Your chosen countries marked and labelled



Challenge: Add the approximate latitude and longitude of three interesting places.