

Science: What is blood made up of?

<https://www.bbc.co.uk/bitesize/topics/zwdr6yc/https://www.bbc.co.uk/bitesize/topics/zwdr6yc/articles/zqyv4cwx#z2g8k7h>

- Watch these videos and read the PowerPoint to discover more about blood! You could also conduct your own research. What is it made up of and what is its function?
- Make a 'Blood Smoothie' with different ingredients representing different blood cells. You could take photos or make sketches of your 'blood' and label the different cells.
- Complete a table to explain your model:

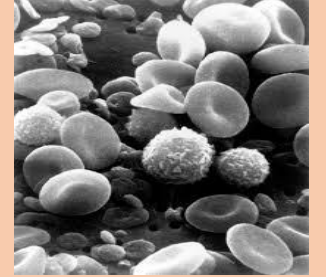
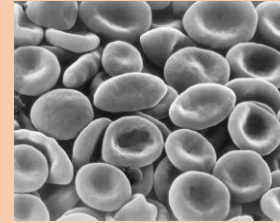
My blood model			
Part of the blood	What does it do in the body?	What I used	Why I used that object
Red blood cell			
White blood cell			
Plasma			
Platelets			



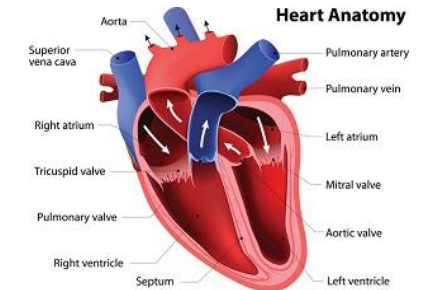
Art: Blood Art

Look at microscopic images of red & white blood cells and platelets. Describe them carefully (shape, texture, colour) and create some detailed pencil sketches.

You could then develop your art work and explore using different media and techniques.



Animals including humans: The Circulatory System



Computing and PSHE: How to keep your heart healthy

Research 'How to keep your heart healthy'. Consider the impact of diet, exercise, drugs and your lifestyle on the way that our bodies function.

Create a poster, PowerPoint or video to present your findings to others.

Heart Rate Experiments:

Which activity or exercise raises your heart rate the most in lock-down? Joe Wicks or a bike ride? What is the difference in resting heart-rates and heart-rates after exercise for different members of your family? Why might that be?