



**Friday 1<sup>st</sup> May**

Today we are going to continue to learn about the body and we are going to focus on the heart (this is Mr Ford's favourite part of science!).

Place your hand over your heart. Can you feel your heartbeat? What does it feel like? Can you tap to the beat of your heart? Listen to someone else's heartbeat. What does their heart sound like? Can you hear any other sounds? Learn how to find and feel your pulse in your wrist or neck.

**Activity**

Find out what happens to your heart when you exercise.

Feel your heartbeat when you are sat down and then feel your heart when you have done some exercise.

Start with 10 star jumps. Now feel your heartbeat. Describe what you can feel. Why do you think this is? Repeat with different exercises.

Don't forget to check Purple Mash for 2do activities.

Can you find out any interesting facts about the heart and create a poster?