Blood Heart



Crimson, scarlet, burgundy, cherry. Blood flows through our bodies in all its vibrant shades of red. Let's explore our circulation system. Now, surgeons, don't be squeamish as we dissect an animal heart and examine the veins, arteries and chambers up close. They all work hard to move blood around our bodies. William Harvey was fascinated with anatomy, and made groundbreaking discoveries about valves. I wonder what we might uncover? Why do people give blood? Find out how to keep your heart happy with cardiovascular exercise and healthy food. Kickstart a campaign to spread the word about the damage caused to the lungs and heart by smoking. Hearts pound, flutter and maybe skip a beat. What makes your heart race? Is it a secret? Cross my heart, I won't tell.

Help your child prepare for their project

Your heart will be with you forever, so it's important to look after it. Why not research heart-healthy foods together and try out delicious, nutritious recipes that will make your heart happy? You could also set up an obstacle course in the garden and take each other's pulse before and after exercise to see how it changes. Alternatively, you could investigate advice for keeping your heart healthy and make an informative poster.

Memorable experience	Sheep's heart dissection
Innovate challenge	Heart charity fundraiser
English	Non-chronological reports; Shape poetry; Slogans and adverts; Biographies; Narratives using personification
Science	Circulatory system; Measuring heart rate; Lifestyle effects; Working scientifically
Art	Modelling and sculpture; Abstract art
Computing	Websites; Flow diagrams
D&T	Tools and equipment; Recipes; Packaging; Working models
Music	Pulse; Raps
PSHE	Harmful substances; Caring about others
PE	Cardiovascular exercise
Science investigations	How does blood flow? What’s in blood? What can your heart rate tell you?