

Year 6 Topic— The Human Body

Here is a suggestion of some activities linked to what your child has been learning at school. We hope you have fun completing them together.

Create a leaflet for children in Y3 to remind them how to keep healthy	Use https://35058.stem.org.uk/humanbody/index.html#pages/game/build-skeleton to explore the human body and then create a poster to tell me about one part, either the skeleton, circulatory and digestive system.	Use your sketching skills to draw a lifelike image of your hand. Remember to think about shading and using line well.
Find your pulse—what happens when you exercise? Do different exercises affect your heart-rate in different ways?	Create a circuit of different fitness activities to help exercise all of the muscles in your body.	<i>If you need to choose between being right and being kind, choose kind.</i> What other mottos for living a good life do you know? Can you illustrate some?
Can you make a model of one of the organs in your body?	On https://www.nhs.uk/change4life/activities/sports-and-activities you can find '10 minute shake-up' activities. Can you create some of your own and try them out at home?	Create a healthy packed lunch. Remember to think about the main food groups and how much of each one you need. Then, write to persuade me to make it for my dinner.
Write a rap to help people remember how to stay healthy	Create a human body board game with a board sheet, counters and set of rules. Test the game with your friends and family and get them to score it out of 10.	How many bones are there in the human body? How many bones in each hand? How many bones in both hands? How many bones in each foot? How many bones in both feet? How many bones in total for both hands and feet? Can you work out how many bones are in the rest of the human body?