

### Literacy 8 smilies

Choose a lake (Buttermere, Kentmere, Windermere, Thirlwell, Grasmere) and research the area around it then write a report about your findings.

Choose a hill/mountain (Skiddaw, Blencathra, Catbells, Scafell) and research the area around it then write a report about your findings. **Double smilies for perfect presentation!**

### Maths 8 smilies

Measure your family's resting heart rates before putting them through their paces! Ask them to hop, skip, jump and run measuring their heart rates after each activity. Fill in a table or spreadsheet with everyone's results before looking for patterns in the data. Which exercise gave the biggest increase in rate?

### Ict 8 smilies

Use the internet to research information and plan ideas for a weekly menu of food your heart will love e.g.

- spinach
- porridge
- blueberries
- salmon

## Year 6 - Autumn 1

### The Heart of the Lake District



### Homework Projects

### PE 10 smilies

Create an exercise plan for a healthy heart.

Think of activities that you could carry out in an area such as the Lake District.

**Additional smilies for detail.**

### Science 8 smilies

Find out about the size and structure of a human heart and compare it to the size, structure and number of hearts in other animals. (Worms have five!)

#### OR

Find out about animals and plants which grow in the Lake District.

### History 8 smilies

Find out about the historical tradition of Valentine's Day. Why are hearts traditionally used as symbols of love?

Design and make some heart-shaped tokens to give to someone close to your heart.

### Art & Design

#### 8 smilies

Collect red colour charts from a DIY store and compare the shades and names.

Create a collage using red materials or draw a landscape using only shades of red.