Blood Heart

Let's explore our circulatory system!

At the start of our project, we'll dissect an animal heart, finding out about the different parts and how the blood flows. Afterwards, we'll write a report of the experience and use software and models to learn more about how the circulatory system works. We'll use a data logger to measure our heart rates and test how it is affected by exercise. In DandT, we'll make model hearts, and test materials before making a stethoscope. As part of our music work, we'll use our bodies as percussion instruments and feel our pulse. We'll read shape poetry, and write poems inspired by the heart. We'll learn about how smoking affects the heart and write adverts to persuade people to stop smoking. We'll visit the 'Give blood' website, and make a flow diagram to illustrate the circulation process.

At the end of the ILP, we'll create fact files to share what we have learned.

ILP focus	Science and technology
Languages, literacy and communication	Non-chronological reports, shape poetry, slogans and adverts, biography, narrative using personification
Science and technology	Human circulatory system, measuring heart rate, history of blood groups, lifestyle effects, working scientifically, selecting tools and equipment, healthy recipes, product packaging, working models, using websites, flow diagrams
Expressive arts	Modelling and sculpture, abstract art, musical pulse, body percussion, heart raps
Mathematics and numeracy	Pie charts
Health and well-being	Cardiovascular exercise, harmful substances, caring about others

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.