



# Have a Heart Home Learning

Your home learning challenge is to create a plan for a sports event for another year group in the school which focuses on raising the heart rate of the children. You can complete this on your own, in pairs or as a three.

Please bring your plan into school on **Monday 5<sup>th</sup> February 2024**.

## As a sports coach you will:

- Research physical activity to support heart health
- Plan a sequence of activities aimed at a year group within school of your choice
- Clearly explain how to play or take part in the activities that you have created
- Support other year groups in trying out your planned activities
- Evaluate the physical activity and make changes to improve for next time

## As a scientist you will:

- Prove that exercise impacts heart rate
- Explain how lifestyle choices can have an impact on our bodies

## These are things that were considered by the Year 6 pupils last year that may help your plan:

- Circuit training
- Resource-free training
- Stretches
- Warm-up
- Cool-down
- Team games
- Rules/guidelines
- Health and safety of the activity
- Sequence



## What will you do with your home learning?

You will have an opportunity to share your home learning with your chosen year group. Your activities will then be tried out by groups of children who will provide you with feedback so that you can reflect and adapt your ideas for next time.

You will be expected to help your chosen year group understand how exercise has a positive impact on their bodies.

Please ask if you are unsure what to do or if you need any help. Don't leave it until the last moment!