



Year 6
Autumn 1
2026

Home Learning Project

Science: The Human Body – The Cardiovascular System

Due: First week back after half term

Choose: at least 2 activities

Stretch extensions are optional — but encouraged for mastery.



CREATE - Produce New Work

Option A: Using your research, design a labelled, colour-coded model of the heart that shows the flow of oxygenated and deoxygenated blood through the chambers and valves.

Stretch: Combine both tasks into a “Heart Health Science Fair” presentation — show your model and serve your dish with an explanation of its benefits.

Option B: Cook a healthy dish for your family or friends, you must include an explanation of why each ingredient supports heart health.

EVALUATE - Justify Decisions

Task: Write an article on how lifestyle choices (diet, exercise, sleep, screen time) affect the cardiovascular system using at least 3 scientific sources. Ensure you include both positive and negative impacts.

Stretch: Propose the three most effective lifestyle changes for improving heart health, justifying your choices with research.

ANALYSE - Examine and Break Down

Task: Create a graph tracking your heart rate at different points during your daily activities over one day. Include at least 5 different activity points (e.g., resting, walking, after exercise, after eating). Present data clearly and identify patterns.

Stretch: Compare your results with a family member of a different age, then explain the differences you see.

APPLY - Use Information in New Situations

Task: Create a healthy weekly meal plan for your family and a weekly exercise plan for yourself. Plans must be realistic, affordable, and varied. Include reasons for each choice based on heart health.

Stretch: Predict how following your plan for 4 weeks could affect heart rate and stamina — explain your reasoning using scientific evidence.

UNDERSTAND - Explain Concepts

Task: Research the different food groups and explain why our bodies require a balanced diet. Describe the function of each food group. Link at least 3 nutrients directly to cardiovascular health.

Stretch: Compare human nutritional needs to those of a professional athlete.

REMEMBER - Recall Facts

Task: Research how blood travels through the heart and the benefits of a good diet. Include all 4 chambers, valves, and major blood vessels in your description. Explain the difference between oxygenated and deoxygenated blood.

Stretch: Add a diagram showing the pathway of a red blood cell, including time taken for one full circulation.