



Y6 Autumn Term 1 - Home Learning

*These activities are for you to complete at home by yourself or with an adult.
You can do all of them, or choose a minimum of three that you find the most interesting.*

1. Definitions

Draw and label a detailed diagram of the heart. Identify: right atrium, left atrium, right ventricle, left ventricle, aorta, vena cava, pulmonary artery, pulmonary veins and the valves. Write a short paragraph explaining how blood flows through the heart from the vena cava to the aorta — use precise anatomical vocabulary.

2. Non-Chronological Report

Find out about the components and functions of blood. Read non-fiction books, watch BBC Bitesize animations or visit the British Heart Foundation website. Write a short non-chronological report about the function of blood - include sections on plasma, red blood cells, white blood cells and platelets.

3. Instructions

Find out how to keep your heart healthy. Write a set of instructions for an adult audience explaining how they can protect and improve their cardiovascular health. You might want to cover diet, exercise, sleep, stress, smoking and alcohol. Visit the British Heart Foundation website for useful information.

4. Research a Scientist

Find out about William Harvey (1578–1657) — the scientist who first described how blood circulates around the body. Why was his discovery so significant? What methods did he use? What challenges did he face? Write a short scientific profile about him and his work. You could visit BBC History or DKfindout! for information.

5. Diagram

Draw a flow diagram to illustrate the complete journey of blood around the circulatory system. Start at the right atrium. Include: the route through the heart, the lungs, the arteries, capillaries and veins. Add a note at each stage explaining what is happening (e.g. exchange of oxygen and carbon dioxide at the capillaries).

6. Map Comparison

Go on a map hunt in your home! Find any maps you can — a road atlas, an A-Z, a map in a book, a tourist map, a map on your phone. Compare two of them: what scale are they? What is shown in detail and what is left out? Write a short paragraph explaining which you would choose for a specific purpose (e.g. navigating a city on foot) and why.

7. Grid References

Using Google Earth or an Ordnance Survey map (you can access these free at digimap.edina.ac.uk/roam), explore the area around your home. Locate: your street, your school, one physical feature (a park, river or hill) and one human feature (a shop, road or railway). Write the six-figure grid reference for your school and for a few other locations you find interesting.

8. Research Settlements

Research a settlement pattern in a place of your choice anywhere in the world — it could be a village, a city neighbourhood or a remote community. Use Google Maps satellite view and street view to gather evidence. Is the settlement linear, compact or dispersed? What geographical or historical factors might have influenced how it developed? Write up your findings as a geographical report.

**9. Food Detective**

Become a food detective! Look at the labels on 5 different food products in your home. For each, record: the first 3 ingredients listed, the amount of sugar per 100g, the amount of saturated fat per 100g, whether there are any additives or preservatives. Compare your 5 products: which is most processed? Which is healthiest? Explain your reasoning.

10. Cooking

Cook a meal from scratch using only whole food ingredients (no ready-made sauces, pre-packaged mixes or highly processed foods). You could make a vegetable soup, a pasta dish or a stir-fry. Take a photograph of your finished dish. Write up: your recipe (ingredients and method), what whole food ingredients you used and why you think this meal is a healthier choice than a processed alternative.

11. Design

Design a healthy weekly meal planner for your family. Plan 5 dinners that follow the Eatwell Guide proportions. For each dinner, explain: which food groups it includes, whether the ingredients are whole or processed, and one health benefit of the meal. Make your planner visually appealing — you could illustrate it with drawings or food photographs.

12. Summary

Finish your home learning by writing a summary of all three Autumn 1 topics. Explain: how blood travels around the body; how maps help us understand and navigate the world; and how making informed food choices can help us live a healthier life. Aim for at least one paragraph on each topic, using the key vocabulary you have learned in class.