

- **Stomach in a Bag Model**

Use a zip bag, crackers, and juice to simulate stomach churning. Explain what each part represents (brave parents/children could try [this experiment](#)).

- **Food Diary Challenge**

Record what you eat in a day and identify which foods provide key nutrients.

- **Skeleton Craft**

Create a skeleton using cotton buds, pasta, or paper.

- **X-Ray Style Artwork**

Create an "X-ray" picture of a hand or arm using black paper and white drawing materials.

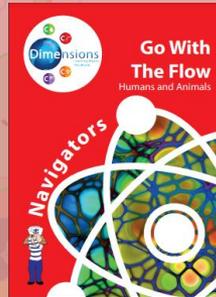
- **Muscle Fatigue Test**

Time how long you can hold a book with your arm out straight. Explain what happens to muscles.

- **Hydration Investigation**

Track how much water you drink in a day and reflect on why hydration matters.

Go with the Flow



This half term, our topic 'Go with the Flow' explores how our amazing bodies work to keep us alive and healthy. We will learn about the circulatory system, the heart, as well as how nutrients and water move around the body. We will also explore human growth and gestation. On each side are some optional activities to deepen your understanding and show your creativity.

Please bring any completed work to school so we can celebrate your efforts!

- **Digestive Diagram**

Draw and label the journey of food through the body.

- **Heart Rate Graph**

Track your heart rate after different activities and present your results in a bar graph.

- **Cracker Digestion Experiment**

Chew a plain cracker slowly and describe what happens and why (link to saliva and enzymes).

- **Animal Adaptations**

Choose an animal and research how its body is specially adapted for survival e.g. camels, polar bears, chameleons.

- **Interesting Animals**

Create a short presentation, poster, fact file, or model that explains:

- How the animal's body works
- What makes it unusual or well adapted
- How it is similar to/different from humans