

2nd Level Staying Healthy & The Body

Complete **five** activities by Friday XXXX. The sensible thing would be to do one activity a day. You do not need to do all eight on the grid. Choose the ones that interest you the most. You can do the activities either in google docs, google slides or on paper.

Our Anatomy

Using a large piece of paper or card, or sticking some together, draw an outline around your whole body.

Inside your outline draw or paint a picture of;

1. Your heart
2. Your lungs
3. Your stomach
4. Your femur
5. Your brain

where they would be located inside your body.

Share with your teacher.

A Journey Through The Body

You can learn all about the journey of food through the digestive system from [BBC Bitesize](https://www.bbc.com/bitesize/health/digestive-system/revision/1).

Imagine you are a piece of food and you are about to be eaten by a human.

Write a 100 word story about your journey through the body and what you see and feel along the way. Use lots of descriptive language and onomatopoeia to describe the sounds and disgusting details of the journey.

Share with your teacher.

Obstacle Time

Build an obstacle course in your room or in your garden, the more activities it includes the better!

Get someone in your household to film you doing 3 laps of your completed course.

Can you get someone else in your house to give it a go? Even a teddy or stuffed animal?

Share with your teacher.

Time To Cook

Write a healthy menu for your family and be sure to list the ingredients in each meal too.

Check out the [BBC Kids' Cooking recipe collection](https://www.bbc.com/food/recipes/healthy-recipes) for ideas in inspiration.

Prepare one of your dishes for your family (Use help from your parents as and when you need it).

Share with your teacher.

Making Models

Build a working model of your lung with recycled materials.

You will need a selection of materials like:

straws, plastic bags, plastic bottles, balloons, and sellotape

The links below can be used to help you with some instructions and ideas:

[Lungs](#)

Share with your teacher.

Comic Strip

Draw, paint or use online tools to create a poster or comic strip that shows an example of a daily hygiene routine you do and each step in it that keeps your body healthy.

Share with your teacher.

The Heart

Watch this [video](#) and do some additional research on the subject of the heart and the circulatory system.

Write a short report on what your heart does and why it is such an important organ that keeps your whole body healthy and working correctly.

Share with your teacher

Protecting Your Organs

Our bodies are full of delicate organs and they are protected by our skeleton, for example our brain is delicate and is protected by our skull.

Take an egg (this will be your organ) and use whatever materials you have available to build a protective outer layer for the egg (like the skull). Once built, put your egg in it and drop it from head height, the egg should not be damaged when it hits the ground. Record your attempt.

Share with your teacher.