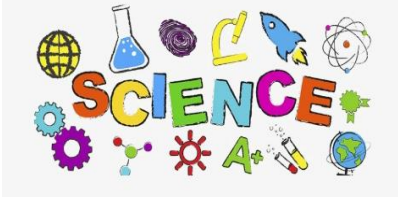


# OCTOBER

# in Year 6



In Science, we have been continuing our learning about the heart and the circulatory system. We have learnt how to feel our own pulse and carried out an investigation as to which activities increase our heart rates the most.

Wednesday 4<sup>th</sup> October 2023  
Key Question: How and why do our bodies change with exercise?  
How and why does your heart rate change when you do physical activities?

Investigation: Which activities increase your heart rate the most?

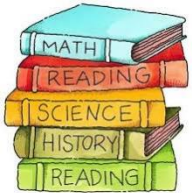
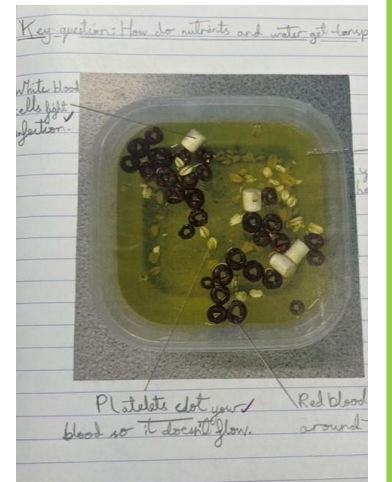
Use this table to record your heart rate

Activity	Beats in 30 seconds	Multiply by 6	Beats per minute
Resting	11	$\times 6$	66
Jogging	29	$\times 6$	174
Jumping Jacks/Star Jumps	31	$\times 6$	186
Exercise of choice (sit-ups)	27	$\times 6$	162
Resting	20	$\times 6$	120

Use this table to record the heart rate of the other people in your class

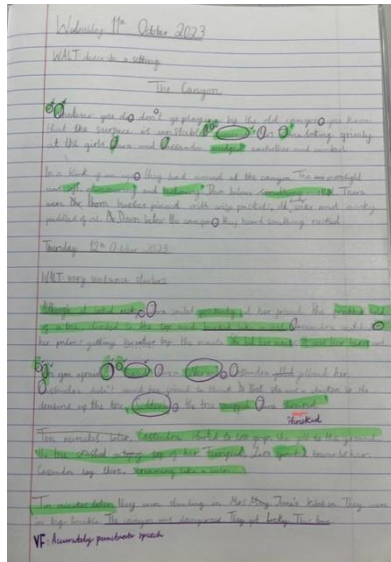
Activity	Beats per minute (Person 1)	Beats per minute (Person 2)	Beats per minute (Person 3)	Beats per minute (Person 4)
Resting	66	48	60	66
Jogging	174	150	120	180
Jumping Jacks/Star Jumps	20	192	102	216
Exercise of choice (sit-ups)	124 (44 x 3)	216 (36 x 6)	120 (20 x 6)	172 (29 x 6)
Resting	120	124	102	120

What happened?  
The students exercise we do to understand the heart body. We noticed heart rate increased after we did the activities. The rest was normal. The students who jump star jumps caused a large increase in heart rate.

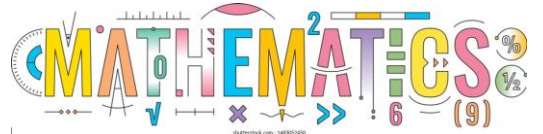


In English, we have been looking at warning stories – a story-telling structure that the children are familiar with and enjoy immersing themselves in.

We have identified a range of ideas of places that children could be warned not to go to, what could happen if they did not heed that warning and the lessons that could be learned. We have played around with the 'power of 3' – identifying the ways that we could apply this to our writing.



We have also been thinking about speech punctuation and using sub-ordinating clauses to vary and expand our sentence structures.



After expanding our skills with addition, subtraction and missing number problems, we have started thinking about multiplication and division. We have revised mathematical terminology such as multiples, factors, prime numbers and squared and cubed numbers.

