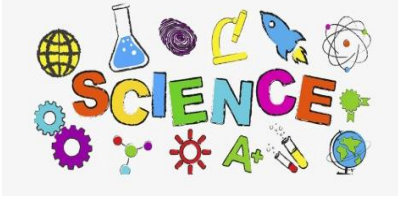




in Year 6



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 October 2023
Key Question: How and why do our bodies change with exercise?
Find out what happens to your heart rate when you do physical activities.
Heart rates are calculated in beats per minute (BPM). How might resting heart rate differ from you not doing any physical activities (about 60 and 100 BPM).

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	$\times 6$	126
Resting	12	$\times 6$	120

Use this table to record the heart rates of the other people in your group:

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	65
Jogging	179	150	120	80
Jumping Jacks/Star Jumps	180	102	102	216
Exercise of choice (sit-ups)	124 (6 groups)	210 (6 groups)	120 (6 groups)	170 (6 groups)
Resting	120	126	102	120

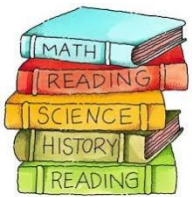
What happened?
The more exercise we do the more the heart beats. Obviously heart rate increases when we exercise. The more the heart beats, the more oxygen it can pump. Obviously when we exercise, we need more oxygen so the heart beats faster.

Key question: How do nutrients and water get to us?

White Blood cells fight infection.

Platelets clot your blood so it doesn't flow.

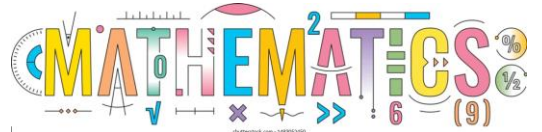
Red blood cells carry oxygen around.



We are

continuing to enjoy expanding our knowledge of World War 2 in the foundation subjects. After considering different points of view on the battle of Dunkirk, we presented our own arguments for whether Dunkirk was a failure or success for the British army.

DT has been a big highlight for us all. After carefully designing and considering appropriate materials, we built and painted WW2 planes.



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.

A multiple is a number in the times-table of a number 8 - 8, 16, 24
A factor is the product of two numbers multiplied together 7
A prime number is a number that can only be divided by itself and one 2, 3, 5, 7

Multiples of 8 are 8, 16, 24, 32, 40, 48, 56

Multiples of 4 are 4, 8, 12, 16, 20, 24, 28

Common multiples of 4 and 8 are 8, 16, 24, 32, 40, 48, 56

Common multiples of 2 and 5 are 10, 20, 30, 40, 50, 60, 70

Factors of 15: 1, 3, 5, 15

Common factors of 10 and 45 are 1, 5

Factors of 10: 1, 2, 5, 10

Factors of 45: 1, 3, 5, 9, 15, 45

Prime numbers: 2, 3, 5, 7, 11, 13, 17, 19, 23, 29, 31, 37, 41, 43, 47, 53, 59, 61