


Morning Starters: Spring 1 - Heart & Blood

Word Challenge

Compile a list of words that rhyme with 'heart.'

e.g. restart, go-kart, ...

Grammar Challenge

Click text to edit 

Write a sentence about the heart that uses alliteration.

Example: The **h**ear**h**armonious **h**ear**h**eartbeat **h**elps sustain **h**ealth and **h**appiness

Note: Alliteration is when words in close succession start with the same sound.

Did You Know?

Beating on average 100,000 times a day and pumping 5 litres of blood around the body every minute, the human heart is a truly remarkable organ. Although it is only the size of your fist, it is the strongest muscle in the human body. In fact, it has twice the power of the leg muscles of someone sprinting. Keeping your heart strong and healthy is very important.

Number Challenge

A male heart weighs 320.7 grams. A female heart was 76.8 grams lighter.

What was the weight of the female heart?



Credit: CBBC Newsround

Critical Thinking

What are your top tips for keeping your heart strong and healthy?

Monday

Tuesday

Wednesday

Thursday

Friday