

Science Project

In Science, the topic will continue with 'healthy hearts'. To make the workload easier this half-term we will have a Science project rather than individual lessons so you can work at your own pace.

You have been accepted to work at Fressingfield Fitness Fanatic and have been given a task to help those who are trying to become healthier. The project is to create a health plan for someone to make their heart healthier. You will need to consider:

- Diet
- Exercise
- Sleep

It is up to you how long you would like your plan to be for but I would suggest at least a week.

It is up to you how you would like to present this. You could create a flyer to go up in the gym, a PowerPoint to present to the customers, a diary to tell them what they need to eat for each meal and what exercise they need to do or a different way of your choice.

I hope you enjoy finding out what you need to do to keep your heart healthy, I will look forward to seeing all your amazing projects at the end of the term.