

Music

Use this link from BBC Bitesize to find out more about how music is structured and constructed.

<https://www.bbc.co.uk/bitesize/topics/zcbkcj6/articles/zgxx2nb>

PE/Science

Watch this video about how the heart works and use BBC Bitesize, and other resources you have access to, to research key information about the heart. Afterwards, write a summary with a diagram explaining how the heart works.

<https://www.bbc.co.uk/bitesize/clips/z9dg9j6>

You are then going to use yourself to make some scientific observations and recordings. Your task is to undertake some exercise in intervals.

Resources required:

- Pencil
- Paper
- Watch

Using your pulse, record the number of times your heart beats per minute while you are resting (not overly exerting yourself or doing exercise). Then, time yourself doing one minute of exercise, such as running or jumping on the spot, star jumps or skipping. Stop after one minute and record your pulse for one minute. Record your findings on paper and compare your results. You could also measure how long it takes for your pulse to return to its resting rate. Afterwards, repeat this experiment but this time exercising for 2 minutes. Again, record and compare your results.

Challenge: present your results on a graph.

Spanish

Watch this video and try to use some of the useful vocabulary in your own sentences.

<https://www.bbc.co.uk/bitesize/clips/z8tjmp3>

History

Your task is to watch the video in the link below and research facts about the Empire Windrush. Try to answer these questions by making a poster:

The Empire Windrush - what happened before and after its arrival? How did it impact life in Britain? How hard was life for people that settled in the UK?

<https://www.bbc.co.uk/newsround/44517662>