

February half term homework

Book/Film Review



Title and name of author/director.



Your opinion of it. Whether you like it or not should be clear in the first few sentences.



Information about the film/book. Try and tell the reader what happens without revealing it too much and spoiling it for them!



What did you enjoy most?
Why did you enjoy that?



Why did you not enjoy it?
How can it be improved?



End it with a summary. Would you recommend the book/film or not? Is it similar to any other books/films?

BBC
Bitesize
Key Stage 2

NUMBOTS

TTRS

Pulse rate holiday homework

How to find your pulse rate



1. Press 2 fingers onto the pulse point.
2. Count how many beats you feel for 30 seconds
3. Multiply the result by 2

Pulse rate challenges	What to do:	Record:	Reflection
Resting vs. Active Pulse Experiment	1. Sit quietly for 5 minutes. 2. Take your pulse for 30 seconds (multiply by 2 for beats per minute). 3. Do 1 minute of jumping jacks (or running on the spot). 4. Immediately take your pulse again. 5. Take it again after 2 minutes of resting.	Resting pulse After exercise pulse 2 minutes later pulse	How much did your pulse increase? How long did it take to return to normal? Why do you think this happens?
Which Activity Raises Your Pulse Most?	Choose 3 activities (e.g., skipping, dancing, stair climbing, cycling). For each activity: • Do it for 1 minute. • Measure your pulse right after.	Create a table to best display your results	Would a bar chart show your results more clearly?
Weekly family Fitness Tracker	Over several days: • Measure the resting pulse of people in your house each morning.	Create a chart and record results each day. Look for patterns.	Were pulse rates higher or lower on some days? Why? Why might some people have higher or lower resting pulse rates?