

Cells and living organisms- Homework 2

In class you learnt about the structure of the heart and the effect of exercise on the heart. Read the following piece of information from the British Heart Foundation about keeping your heart healthy

You will be given a blank piece of A4 paper. Design a leaflet that could be given out at doctor's surgeries about the benefits of exercise to improve heart health. Marks will be awarded as follows

- 1) A labeled drawing of the heart (2marks)
- 2) A description of how the heart acts as a double pump (2 marks)
- 3) A description of how exercise can improve heart health (2 marks)
- 4) Suggestions of types exercise to take or advice as to how patients can fit exercise into their life (2 marks)
- 5) 2 marks will be awarded for originality and creativity

Total /10