

# S1 Science Home Learning Challenge

## Creating

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 labelled 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