

Science - Summer 1 Week 3 - Home Learning

Session 3

In this session, you will be looking at the features of a non-chronological report and using the information from 'Why Exercise' and what you know about the effects of exercise on the circulation system to create a weekly exercise programme for a parent/carer. You should already know the features of a non-chronological report, but if you have forgotten, they are listed below. Be sure to read all the information provided below to ensure your writing is fit for purpose.

How to share your work:

- Write your non-chronological report into your exercise book and take a picture of your work.
- Type your work directly into a Word document or use Google Docs.

Once you've completed the work, submit your work to Google Classroom following this set of instructions:

1. Go to classroom.google.com
2. Click the class - Classwork - the assignment.
3. To attach an item, click 'Add or create' and select 'Google Drive', 'Link' or 'File' depending on what type of file you have created.
4. The status of your work will change to 'Turned in'.

Success Criteria

How much exercise is enough?

Clearly, exercise is important, but how much should we do? According to experts, adults should undertake 'moderately **aerobic***' physical activity for an average of ten minutes per day spread over several days. (It's not enough to do one long walk every two weeks). The recommendation for children age 5 -18 is to do three types of physical activity each week: aerobic exercise and exercises to strengthen bones and muscles.

What is 'moderately aerobic' activity?

In short, it means any exercise that makes you:

- Breathe faster
- Feel warmer
- Increase your heart rate



<u>Question</u>	<u>Answer</u>
What is the purpose of my writing?	To inform and persuade
Who is the audience for my writing?	Parent/carer
How will I organise it?	Headings and subheadings
How will I make it engaging for the reader?	Use diagrams, pictures and 'Did You Know?' boxes
What other features are worthwhile noting?	Present tense (usually) Technical/scientific vocabulary Third person Formal language

Example Plan

<h1>TITLE</h1>
Introduction - What are you writing this for and why?
Section 1 - Why do we need to exercise? Heading and information Could add a picture, diagram, bullet points or a 'Did you know' box
Section 2 - How much exercise should be taken and why? Heading and information Could add a picture, diagram, bullet points or a 'Did you know' box
Section 3 - The Programme (daily guide on activity type and amount) This could be a table of information
Conclusion

Greater Depth Options:

- Can you include an informal paragraph to contrast with the formality of your text?
- Can you use a range of punctuation to add detail and clarify meaning?

<u>Sentence Openers</u>	<u>Scientific Vocabulary</u>
Another reason ...	heart rate
Furthermore, ...	cardiovascular
In addition, ...	muscle
Consequently, ...	oxygen
As a result of ...	aerobic
Although...	blood vessels
Because ...	exercise
Even though ...	endorphins
Despite ...	physical activity