

## PSHE

Think: If we borrowed every single book from the library, would it still be a library?

What does independence mean to you? Have you found yourself being more independent during lockdown? What

Now consider the term 'Attraction.' What does this mean to you?

Is it okay find somebody else attractive?

Spend 5 minutes creating a list of ways that someone might show or let someone know that they are attracted to them

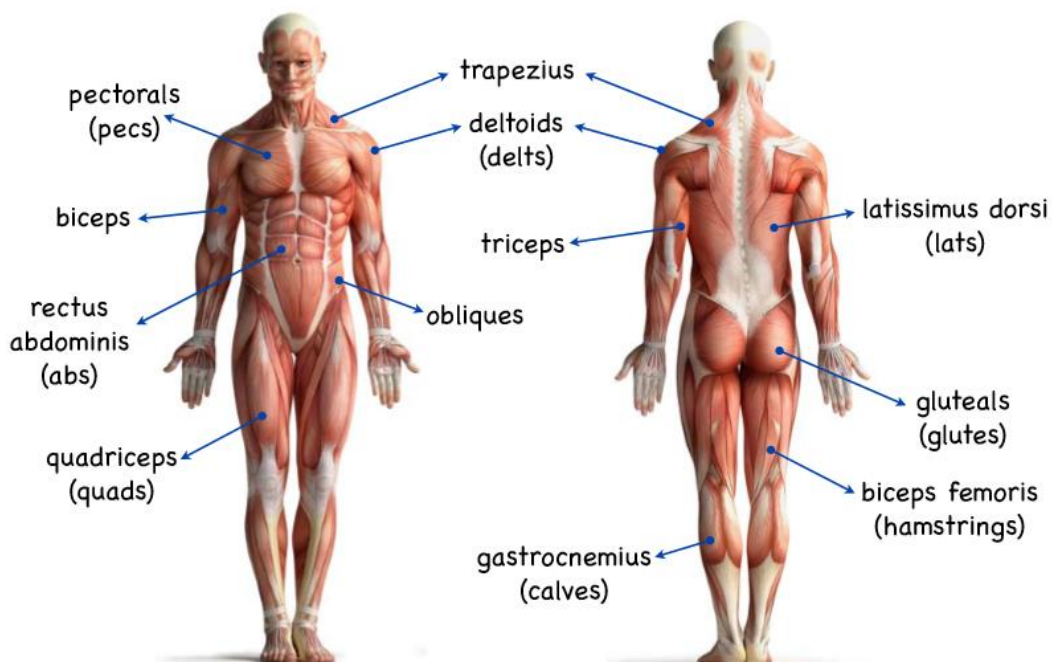
## Science:

Below you will see some information related to muscles of the body. Your task is to re-draw the diagram below and try and commit some of the muscle names to memory! Try finding a fun and imaginative way of remembering each muscle.

Smooth muscles: these are the muscles that move without you controlling them, such as those in your digestive system.

Cardiac muscles: these are the muscles that control the heart and help to pump your blood around your body.

Skeletal muscles: these muscles are attached to bones and are the muscles that you can move when you want to. You can use your skeletal muscles to kick a ball, walk, hold a pen, and for lots of other things.



## PSHE

Think: If giraffes ruled the world, what differences would we see?

What fears might someone have about going to secondary school? Make a list of 10 different examples. Then try and think of a mini solution or helpful hint to counteract each fear.

Now be honest with yourself and think of your biggest fear for secondary school. How can you overcome it or make sure it is less of an obstacle?

## Science:

A drug is a substance that changes or alters our physical or mental state. Lots of drugs are legal and can be very beneficial. Others are illegal because they can be very harmful. However, some legal drugs can be harmful too!

Why do people smoke if they know it is harmful for their bodies? Your task is to complete a poster or information booklet that answers this question.