

Bounce

Imaginative learning project for year 2



Throw it, catch it, roll it, bounce it, up and down and side to side. Can you catch the bouncing ball? Can you bounce too? Jump like a horse, leap like a frog or kick like a kangaroo. How many bounces can you do? Design a game, bouncy or otherwise. Then write instructions for someone else to play. Are the instructions clear enough? Can the players follow them? Who will score the highest?

Then, let's relax. Breathe deeply and stretch those tired muscles. All that bouncing must have made you tired!

Science Focus. Key Facts:

- **The human body has muscles to help us move. Muscles move body parts by contracting and relaxing.**
- **Animals can be grouped according to how they move. For example, some animals bounce like a kangaroo and some animals slither like a snake.**
- **Regular exercise is important to keep the body fit, strong and healthy. Exercise can help people feel good, relax and sleep well. There are lots of types of exercise.**
- **Regular exercise is good for the heart. The heart is a muscle that pumps blood around the body. The heart works harder when the body does exercise.**
- **Heart rate can be measured by feeling a pulse. The best places to feel your pulse are on the wrist or neck using two fingers. The pulse is faster during and straight after exercise.**

Key Vocabulary

- ⇒ Bounce: to spring back, up or away after hitting a surface
- ⇒ Exercise: an activity that requires physical effort, usually done to improve body strength and health, such as running or swimming
- ⇒ Heart rate: the number of times a heart beats per minute
- ⇒ Material: a substance from which things can be made
- ⇒ Muscle: a part of the body that can contract and relax to produce movement
- ⇒ Pulse: the regular beat of the heart, felt at the wrist or neck
- ⇒ Skill: the ability to do something well

Homework Projects

- ◆ Invent games and try them out with your family and friends. Write the rules, bring them into school and test them with your class to check they are easy to understand
- ◆ Survey your friends and family to find out their favourite sports
- ◆ Make an information booklet about the 'jumpiest' animals! Perhaps find out about the amazing jumping spider, the terrific tree frog, the fantastic flea or the kangaroo rat!
- ◆ Plan a weekly exercise routine for your family. Perhaps a weekend walk or 10 minutes on the trampoline?