



# How healthy is your heart?

What can an adult within the school do to improve their heart health?

**Outcome: To create a non-chronological report detailing how an adult can make changes in their lifestyle to improve their heart health.**

**I will learn:**

**How to use formatting skills including font, alignment and text wrapping**

**How to use multiple worksheets**

**How to use a formulae**

**How to make and choose an appropriate graph**

**How to use macros to navigate between sheets**

**How to sort and filter information**

**The names and functions of the different parts of the circulatory system**

**How water and nutrients are transported within animals and humans**

**How humans change as they age**

**The impact of diet, exercise, drugs and lifestyle have on the body**

**How to organise and present data in a non-chronological report.**

**Even better if:**

**I can recognise when errors have been made within excel and how to fix them**

**I can change how I present my data for different audiences**

Cell

Column

Row

Formatting

Worksheet

Data

Formulae

Filter

Merge

Macros

Artery

Veins

Atrium

Superior

Inferior

Vena cava

Ventricle

Pulmonary

Aorta

Oxygen

Carbon

dioxide

**I will personalise this experience by:**

**I must include:**

Relevant and precis data

Accurate graphs and tables

Correctly labelled diagrams

Colons

Titles and subtitles

Bullet points/numbered lists

Correct and scientific vocabulary

A summary

A glossary

Formal writing

**Learning to learn:**

We will be learning how to create a Gant chart. A Gant chart is a tool used for strategic planning. You will be making a Gant chart as tool to help show the adult in your study what they can do to improve their heart health. We can also use our decision charts from the previous experience to decide what actions they could take.

**Effective communication:**

We will need to ask an adult about their lifestyle and health, so we will be focusing on attentive listening. To do this you will need to:

- Use and understand simple questions
- Respond to what someone has said with relevant and open ended questions.

