**Ms. Coughlan**

SET: **1st Class**: Ms. McLaughlin and Ms. McGee

**Weeks 3 & Easter Work**: Finish work in folder.

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| Mon. | Safety in the Home:  Name five different accidents that can occur in the home.  Say in which room in the house they are most likely to happen and how they could have been prevented. (stairs, cutlery, hot water, detergents etc.) |
| Tue | Germ Experts   1. List three ways germs can be spread. 2. How do germs get into the body? 3. What defences has your body got to stop germs entering? 4. What defences has your body got to fight infection? 5. What can you do to help your body fight infection? |
| Wed | Happy Heart: Find out …  1. How much blood does the human body contain?  Is it 1 litre, 4 litres or 8 litres?  2. On average how many times does your heart beat per minute?  3. How is blood rich in Oxygen carried around the body?  4. List three things we can do to protect and strengthen the heart.  5. Name two activities that are bad for the heart. |
| Thur | Print: My Healthy Heart True or False Quiz.  **Or**  Write 3 facts and three falsehoods about the heart. For eg.  1. You should use a lift rather than the stairs True or False.  2. Exercise strengthens the heart. True or False. |
| Fri | Print: Muscle Power Crossword.  **Or**  Write clues for these answers: Muscles, relax, move, energy, exercise, oxygen, strong, skeleton, bicep.  Then try to make a crossword or a wordsearch using these words. |