

50 Point Challenge – Science and Integrated Curriculum

1) Complete one week of your fitness diary. (See below attachment with all 3 pages)	2) Complete another week of your fitness diary. (See below attachment with all 3 pages)	3) Complete another week of your fitness diary. (See below attachment with all 3 pages)	4) Complete another week of your fitness diary. (See below attachment with all 3 pages)	5) Complete another week of your fitness diary. (See below attachment with all 3 pages)
5 Points	5 Points	5 Points	5 Points	5 Points
6) Write 10 questions about nutrition that you would like to learn about.	7) Complete the Healthy Fruits and Vegetables word scramble	8) Choose a country you would like to visit and write down five facts about that country. Locate it on a map and show where it is.	9) Complete the 'Facts about Africa' worksheet.	10) Complete the 'Digestive System Crossword' sheet.
5 Points	5 Points	5 Points	5 Points	5 Points
11) Research a place in the world you would most like to visit. Create a short presentation about the place including information about all the exciting places you would visit if you were lucky enough to go there.	12) Write a report on how the respiratory system works in the body. Make sure you name important parts of this system.	13) Explain how the respiratory system and the cardiovascular system are connected and what would happen if the respiratory system did not work. What would happen to the cardiovascular system? (Write a paragraph explaining)	14) Draw a picture of the human heart and label all of the important features.	15) Write a healthy menu for one day. Make sure you include breakfast, lunch and dinner with two snacks. You need to write exactly what will be eaten and the food group each item will be.
10 Points	10 Points	10 Points	10 Points	10 Points
16) Write 10 questions about an Ancient Civilisation that you would like to learn about.	17) Interview a parent and create a timeline based on their life. Make sure it includes the following features: 1. A Clear title 2. 6-10 dates from their life 3. A drawn picture to represent that date 4. Timeline must be in chronological order	18) Make a poster on the UAE. Make sure it includes: Significant dates Famous or influential people Climate and weather Statistics about the population Capital cities Information about the 7 Emirates.	19) Choose an Ancient Civilisation and write down 5 facts about that civilisation.	20) Make a model of Al Jahili Fort.
10 Points	10 Points	10 Points	5 points	10 points

	Food	Category
Breakfast	Banana Toast	Fruit Carbohydrate
	Tea with honey	Sugar

By the end of the term you need to reach 50 points, this must include **at least** two 10 point tasks. Please write which challenge you have completed in your book and tick off/highlight that challenge on your 50 point challenge sheet.

50 Point Challenge – Science and Integrated Curriculum

Challenge 1, 2, 3, 4 & 5

FITNESS DIARY

T1W : Starting _____ 2017

Food Diary: List all the foods you eat in the week.

	<u>Fruit and Vegetables</u>	<u>Carbohydrates</u>	<u>Protein/Vitamins</u>	<u>Dairy</u>	<u>Sugar and Fat</u>
	Goal: 5 a day!	Goal: This should be your biggest list.	Goal: Try to have at least one a day.	Goal: Go for the dairy with high calcium.	Goal: This should be your smallest list.
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
TOTAL NUMBER OF ITEMS ATE					

By the end of the term you need to reach 50 points, this must include ***at least*** two 10 point tasks. Please write which challenge you have completed in your book and tick off/highlight that challenge on your 50 point challenge sheet.

50 Point Challenge – Science and Integrated Curriculum

Challenge 1, 2, 3, 4 & 5

FITNESS DIARY

My fitness goal is to do _____ minutes of fitness this week.

	Fitness Activity you did:	Minutes spent doing the activity:
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
TOTAL MINUTES IN THE WEEK SPENT DOING FITNESS ACTIVITIES:		

Sleep Diary

My sleep goal is to sleep _____ time each night.

	Bedtime	Wake up Time	Total amount of time slept
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
AVERAGE TIME SPENT SLEEPING EACH NIGHT: (Add up total of time slept each night and divide by 7)			

By the end of the term you need to reach 50 points, this must include **at least** two 10 point tasks. Please write which challenge you have completed in your book and tick off/highlight that challenge on your 50 point challenge sheet.

50 Point Challenge – Science and Integrated Curriculum

Challenge 1, 2, 3, 4 & 5

FITNESS DIARY

REFLECTIONS

Food Reflection: Did you have a balanced diet? Did you meet your food goals? What can you do next week to help meet your goals?

Fitness Reflection: Did you do an activity every day? Was I able/unable to meet my fitness minutes goal? How did I meet it (or) Why did I not meet it? How can I make sure I meet it/raise it next week?

Sleep Reflection: Were you able to meet your sleep goal? If not, how can you meet it next week? Did you feel your goal left you waking up well-rested and refreshed?

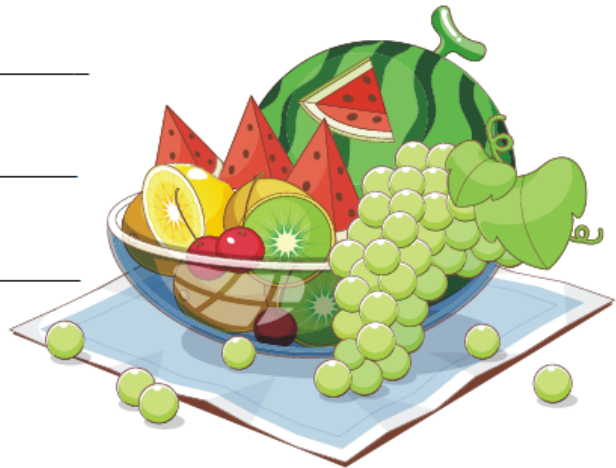
By the end of the term you need to reach 50 points, this must include ***at least*** two 10 point tasks. Please write which challenge you have completed in your book and tick off/highlight that challenge on your 50 point challenge sheet.

50 Point Challenge – Science and Integrated Curriculum
Challenge 7

Healthy Fruits and Vegetables

Directions: Unscramble the letters to spell a fruit or vegetable. Use the following fruit and vegetable names to help you complete this worksheet: broccoli, plums, green beans, oranges, bananas, apples, celery, strawberries, watermelon, potatoes.

1. yerlec _____
2. umlps _____
3. enltwrmeoa _____
4. spepla _____
5. groaesn _____
6. absanan _____
7. reiwbtarassr _____
8. nrgee neabs _____
9. locorbic _____
10. etaoopst _____



By the end of the term you need to reach 50 points, this must include **at least** two 10 point tasks. Please write which challenge you have completed in your book and tick off/highlight that challenge on your 50 point challenge sheet.

50 Point Challenge – Science and Integrated Curriculum

Facts about Africa

Challenge 9

How big is Africa?	
How many countries are in Africa?	
Give 2 facts about countries in Africa.	
Name 3 lakes you can find in Africa.	
Which is the longest river and how long is it?	
Name 2 deserts you can find in Africa.	

In the space below - draw some of these animals.

African Animals:

African rock python
chimpanzee
elephant
giraffe

impala
lion
ostrich

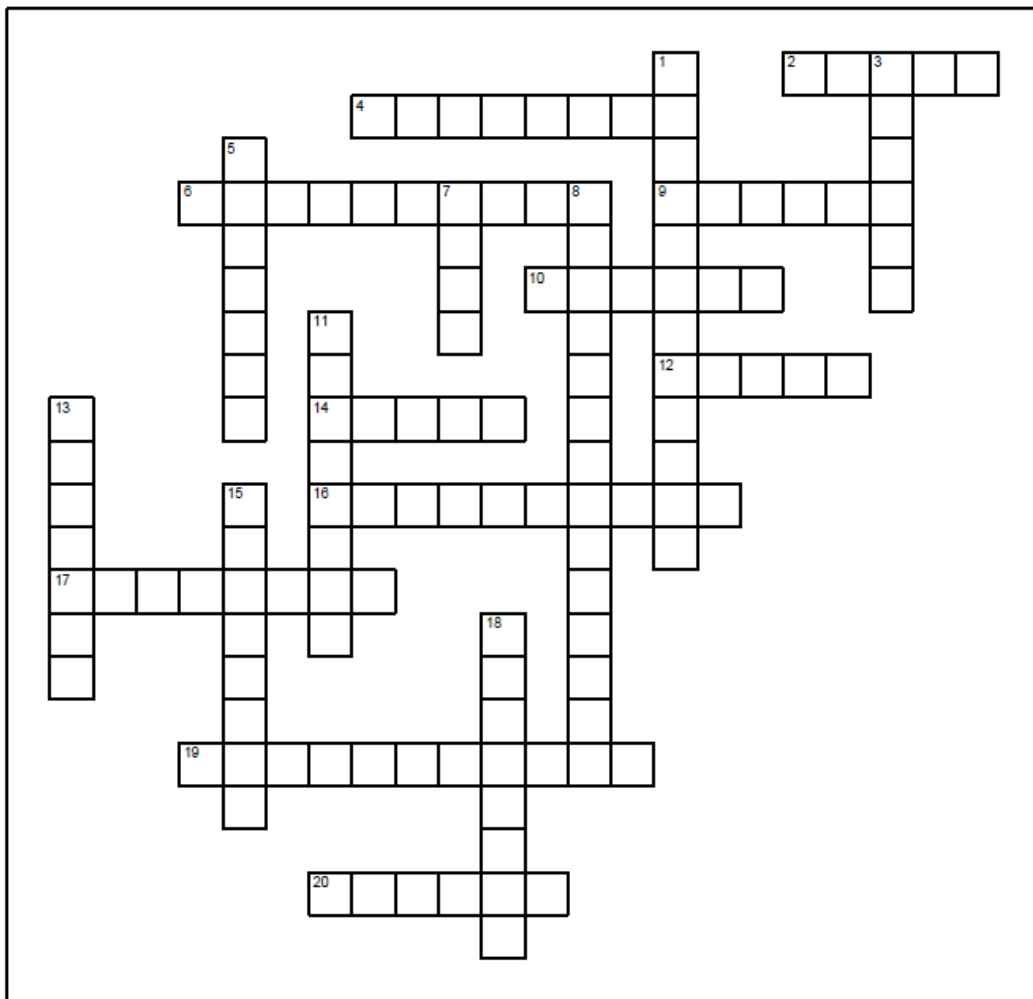
red-billed oxpecker
rhinoceros
zebra

By the end of the term you need to reach 50 points, this must include ***at least*** two 10 point tasks. Please write which challenge you have completed in your book and tick off/highlight that challenge on your 50 point challenge sheet.

50 Point Challenge – Science and Integrated Curriculum

Challenge 10

The Digestive System



Across

2. These cut and crush food in the mouth
4. Type of glands found in the mouth
6. The tube between the mouth and the stomach
9. The faeces is held here until it is excreted
10. Scientific name for poo
12. Produces bile and many enzymes
14. Water is absorbed from the waste food in this organ (5,9)
16. This stops food going down the windpipe
17. A dead end tube where the small and large intestines join; can become infected and be removed
19. This stores bile made by the liver (4,7)
20. Can detect some poisons - the organ of taste

Down

1. Type of acid found in the stomach
3. The hard outer layer of teeth
5. The softer substance found inside teeth
7. At the end of the rectum, this controls when waste food is excreted
8. 6m in humans - where most nutrients are absorbed into the blood stream (5,9)
11. There are more of these in your digestive tract than there are people on this earth
13. A bag like organ - in adults 25cm long which can hold 1 litre of food
15. Produces insulin which controls sugar in the blood
18. The first section of the small intestine - about 30cm long

By the end of the term you need to reach 50 points, this must include ***at least*** two 10 point tasks. Please write which challenge you have completed in your book and tick off/highlight that challenge on your 50 point challenge sheet.