



Outdoor Activity Sheet. Spring 2020.
Science. KS2

Find a flower and draw it in the space below:



Can you fill in the blanks below and add these labels to your diagram?

Sepal: This _____ the flower when it is in bud. It is often _____.

Stamen: The _____ part of the plant which produces _____.
Split into _____ (the top) and _____ (the bottom)

Petals: Brightly coloured to attract _____ or can be small or non-existent in _____ pollinated plants.

Carpel: The _____ part of the plant which produces _____ once it is pollinated.

PROTECTS	FILAMENTS	MALE	WIND
FEMALE	ANTHERS	INSECTS	
POLLEN	GREEN	FRUIT	

Measure the height of everyone in your group/family and record in the table below:

Name	Height (meters)	Time (seconds)

Next, use chalk or another type of marker to set out a start line on a smooth, open space such as a path or field.

From the start line count 20 steps and mark a finish line.

Using a stopwatch, time each member of your group running as fast as they can from the start to finish line and record their time in seconds in the table above.



From the results you have collected, can you answer the questions below?

Does being taller make you a faster runner?

Are there any other characteristics you can see which might make you faster?

How did you feel after your run? What changes did you notice about your body?

Why do you think this happened?

Exercise is important as part of a healthy lifestyle. What changes happen in your body when you exercise regularly?

