

Multiple Intelligences	TROON SCHOOL BLOOMS PROJECT: Superhumans					
	Remembering	Understanding	Applying	Analysing	Creating	Evaluating
	1 Point	2 Points	3 Points	4 Points	5 Points	6 Points
Verbal I enjoy reading, writing & speaking	Name the six main groups of nutrients a human body needs.	Write six interesting facts about the body.	Draw a diagram to show why we need all of the nutrients to have a balanced diet. What does each type of nutrient provide for us?	Imagine someone who leads a healthy lifestyle. Write a timeline for a typical day - focussing on what contributes to that lifestyle.	Write a short story (300-500 words) involving a person with super powers.	Read someone your short story. What was their favourite part? What words were they impressed with? Are there any improvements they think should be made?
Mathematical I enjoy working with numbers & science	Draw a chart to show how many bones are in the human body. Show the number by body part e.g. number of bones in the hands, feet, arms, legs, etc.	Choose four food items with a weight less than 1,000 grams. Work out their total weight using column addition.	Keep a food diary for a week. Group the proteins, carbohydrates and dairy products. Did you have a balanced diet?	Measure the height, arm span, foot length and head circumference of members of your family - and record the results in a table.	Create a bar chart of the height of members of your family.	Can you predict what your bar chart might look like two and a half years in the future? Draw how you think it might look in 2020.
Visual I enjoy painting, drawing & visualizing	Draw and label a diagram to show the digestive system.	Design a poster explaining how people might eat healthily.	Use pencil, charcoal or felt-tip to make a sketch of a member of your family. If possible, sketch them when they are active i.e. doing something (maybe you could take a photo and use that to help).	Look at the work of Henry Moore. He created many famous abstract body sculptures. Choose a favourite and say why you chose it.	Using materials from home, create your own body sculpture. It might be realistic or abstract (like Henry Moore's work).	Ask someone to evaluate your piece of art. They could give you 2 stars and a wish.
Kinaesthetic I enjoy doing hands-on activities	Make a list of all the sports you have tried in your lifetime.	Do one minute (60 seconds) of vigorous exercise. Note what happens to your breathing and heart rate. Can you record your pulse before and after?	Look at The Yoga Journal online and choose five poses to try. Record these poses and write down which parts of your body are being exercised or stretched.	Try a new sport and analyse how you got on. This could be a picture with captions or a piece of writing explaining what you did.	With a grown up have a go at making your own soup. Look at https://www.riverford.co.uk/tru/recipes for ideas and recipes.	Ask your family to evaluate your soup and give you 2 stars and a wish.
Musical I enjoy making & listening to music	Find a piece of music you think would be good for an exercise class.	Make up a song/rap about the digestive system.	Create an exercise routine to share with the class (or your family). Find some suitable music to accompany your routine.	Listen to the song 'Dem Bones'. Can you change the song so that it includes more scientific words for the bones in the body?	Create a jingle to promote healthy living, eating well and exercise. Record or perform to the class live.	Ask a friend or family member to evaluate your jingle.

Instructions for the Blooms Project:

The project will run until **Friday 30th June**

Children complete tasks at home and bring them to their teacher to share with the class.

The aim is to try a range of tasks so children aren't allowed to do more than 3 tasks from any horizontal row.

The marks are guidelines. Teachers can decide to award any marks up to the guidelines with bonus marks for exceptional work!

Parental support is encouraged; some of the tasks will require it! However, the children should always be working harder than you!

If the product is eaten or not able to be brought in, a photo will suffice as evidence!

Try to complete one task per week. In the past, children have planned the tasks in advance. It is a mature approach that has worked well.

The Blooms project is a proven technique for improving children's thinking skills, thank you for your continued support. We are really looking forward to the results!

Certificates will be awarded at three levels:

10 Points or more = Bronze 20 points or more = Silver 30 points or more = Gold

Teachers will also complete the feedback box below.

What went well:

Points awarded:

Certificate:

Teacher signature: