

Practical activity ideas

Fruit dissection and seed count



The resources you will need for this activity include: a variety of fruits (apple, tomato, kiwi, pepper), knives, gloves, seed tally sheet

Activity: Pupils dissect fruits and count seeds, linking fruit formation to fertilisation. They compare seed numbers and discuss dispersal strategies. Great for hands-on exploration of ovary-to-fruit transformation.

Seed dispersal sorting challenge

The resources you will need for this activity include: seed images or real samples, dispersal method cards (wind, water, animal, explosion), sorting hoops

Activity: Pupils sort seeds by dispersal method and justify their choices. They explore adaptations like wings, hooks or juicy fruit. Encourages classification and reasoning.



Helicopter seed dispersal investigation

The resources you will need for this activity include: paper helicopter templates (or plain paper to design their own), scissors, stopwatch or timer, ruler or metre stick, optional: paper clips (to add weight), coloured pens (to mark designs)

Activity steps:

1. Design the seeds Pupils create paper helicopter seeds, varying wing length, width, or adding small weights. These mimic wind-dispersed seeds like sycamore.

2. Predict and plan Pupils make predictions using prompts:

- Will larger wings make the seed fall more slowly?
- Will heavier seeds fall faster?
- Which design will stay in the air longest?

3. Test the drop From a set height, pupils drop each seed and time how long it takes to reach the ground. Each design is tested multiple times for accuracy.

4. Record and compare Pupils record fall times, note how each seed spins or glides and compare results. They discuss which features helped slow descent and why.

5. Reflect and explain Pupils explain how wind dispersal works and why slow-falling seeds can travel further from the parent plant.

They link findings to real-world seed adaptations.

