

Science Lesson 4 Monday 11th May:

In Science we would have been focusing on the topic 'animals including humans'. The fourth lesson is to understand how the heart beats faster the more you move.

Activity 1/ Introduction:

Discuss whether you think the heart will beat faster or slower when you exercise and why.

Activity 2

Take your resting pulse (can be found easily on neck or wrist) for a minute before doing any exercises.

Activity 3

Run on the spot as fast as you can for 1 minute, take pulse straight after for a minute.

Activity 4

Rest for 5(ish) minutes and then take pulse again for 1 minute.

Activity 5

Find a way to record your findings (you could use a table or graph) and discuss how exercise affects your heart rate and why (heart needs to pump oxygenated blood faster to working muscles when exercising)

EXTENSION:

Research how to keep your heart healthy, find out 5 things you can do to keep it healthier.