

**Subject: Science – Healthy Bodies**

**Year Group: 5/6**

**Term: Autumn 1**



	<b>What?</b> <i>Learning Challenge Skill Taught</i>	<b>How?</b> <i>Teaching Activities and Differentiation</i>
<b>WC</b> <b>21.09.2020</b>	Can you investigate the effects of exercise on the body?	<p>Think about what happens to the body when we exercise. What happens to the heart rate? Why do you think the heart rate needs to beat more quickly?</p> <p>For this task we would like to see how your heart rate changes after different exercises.</p> <ol style="list-style-type: none"><li>1. Take your heart rate at a resting position. You will need to find out how many beats per minute. Record on the recording grid.</li><li>2. Jog on the spot for 30 seconds – After 30 seconds, record your heart rate.</li><li>3. Wait 30 minutes for your heart rate to return to resting rate and then complete a final exercise of sprinting on the spot for 30 seconds.</li><li>4. Record your new heart rate in the grid.</li></ol> <p>What do you notice about the hear rates of each exercise compared to the resting heart rate?</p> <p>What happened to your breathing rate? Why do you think we need to breathe more heavily when completing harder exercises?</p> <p>How can you ensure your results are accurate? Repeat your results another day and compare.</p>

	Attempt 1	Attempt 2
Resting Hear Rate		
Jogging 30 seconds		
Sprinting 30 seconds		