

## Class 5: Science instruction sheet: Friday 15<sup>th</sup> September

### **Exercise**

We have talked about **speed, stamina and strength** but remember the most important part of your body for **fitness** is actually **your heart**. Your heart is mostly **made of muscles**. The **best way** to exercise those muscles is through '**cardio**' exercise – such as **walking, cycling, running, swimming and dancing**. Those exercises **raise your heart rate** for a long time so that your heart gets better and better at keeping up a fast but healthy rhythm for whenever you need it.

**Firstly, watch these two short videos:**

This one is linked to your practical work today: <https://www.bbc.co.uk/teach/class-clips-video/science-ks2-how-our-circulatory-system-keeps-us-alive/zhf76v4>

And this one explains what 'being fit' really is: <https://www.youtube.com/watch?v=b4MWrb9B0IU>

**Next**, you need to choose **three different ways to exercise vigorously** (busy activity using a lot of energy). You will do these **for three full minutes each**.

You **also** need to choose **three different ways to relax thoroughly** (such as standing still, sitting down and lying down, but there are others). You will also do these **for three minutes each**.

List all of these **on the recording sheet** in a sensible order: **Exercise then Relax, then Exercise, then Relax, then Exercise, then Relax**.

**At the end of EVERY three minutes** you will need to **measure your pulse** at your wrist or your neck – wherever you can count it most clearly.

**REMEMBER:** if you count your pulse for 30 seconds, you must **DOUBLE** that number to get your pulse rate because a **pulse rate** is the number of beats in a full minute.

so you will measure your pulse rate **SIX TIMES** – after every exercise period **AND** after every resting period.

**Record your six pulse rates on the recording sheet**

then...

**Turn those results into a graph on the graphing sheet**

then...

**Write a report of what you did, with diagrams, using our usual correct order for recording all the stages of your work.** [The recording sheet and the graph will be your Results section].