

Seeds' exercise experiment

Eating a balanced diet and exercising regularly helps to keep us fit and well. But do you know how exercise affects your body? With your partner, carry out the below experiments to find out what happens to your heart and body when you exercise. Take it in turns to do the different exercises and record your findings in the table below.

You will need a stop watch

- 1** You will need to know what your resting heart rate is. This means how fast your heart is beating when you are relaxed and before you have done any exercise. Count the number of heart beats you have in 20 seconds and record in the chart.
- 2** Now measure your breathing. Put your hand on your chest and count how many times you breath in and out in 20 seconds.
- 3** Now think about how you feel. Do you feel cold or warm, relaxed or sleepy, tired or excited?
- 4** Make sure both you and your partner have recorded your heart rate and breathing before you start on the exercises.

Exercises

- 1** Time your partner as they march on the spot for 3 minutes. Record their heart beat, temperature, breathing and how they feel. Now it's your turn to do the same exercise and record your results.
- 2** Now ask your partner to do 30 star jumps. Record their heart beat, temperature, breathing and how they feel. Now it is your turn. Remember to record your results too.
- 3** Finally, time your partner as they run on the spot for 3 minutes. Again, record their heart beat, temperature, breathing and how they feel. Now you do the same.

Exercise	Pulse rate	Temperature	Breathing	How do you feel?
Resting	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Marching on the spot	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Star jumps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Running on the spot	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

In your notebook write down how your body changed when you exercised and why you think it did.

