

The heart and lungs: how the body responds to exercise

living-things

What you need: stopwatch or classroom timer · low step or PE bench for step-ups · Investigation Journal page

Words to use

Pulse · Breathing rate · Oxygen-delivery team

Our question

Does one minute of our chosen activity change our pulse and breathing rate per minute?

I predict...because...

My own pulse and breathing

When we counted	Pulse (per minute)	Breaths (per minute)

Class pulse and breathing results (in per minute)

Pair	Resting pulse (per min)	After pulse (per min)	Resting breathing (per min)	After breathing (per min)

Draw a bar chart of our results



Lesson 2

Did both pulse and breathing change?



What does that tell you about the heart and lungs as a team?

