Lesson 2

The heart and lungs: how the body responds to exercise

Living Things

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?

My activity (step-ups, high-knee marches or star jumps)

I predict…because…

My readings: per minute

What I measured	Trial 1	Trial 2	Average
Resting pulse			
Pulse after exercise			
Resting breathing			
Breathing after exercise			

Take each reading twice and write the average

> Count for 15 seconds and multiply by 4 to get the rate per minute. Do it twice, then add the two and halve them.