**Lesson Overview**

**What happens to your heart when we exercise?**

| **AOLE: Science and Technology** | | |
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| **4 Purpose:**  **ambitious, capable learners** | | |
| **WM:** Being curious and searching for answers is essential to understanding and predicting phenomena**.** | | **DL:**  I can identify questions that can be investigated scientifically and suggest suitable methods of inquiry.  I can suggest conclusions as a result of carrying out my inquiries.  I can evaluate methods to suggest improvements. |
| **LO:** | | |
| **Intro:**  Discuss:  What is our heart?  What does it do?  Why do we need to keep it healthy?  One of these may be suitable to set the scene:  [Operation Ouch! – Science Live Lesson - BBC Teach](https://www.bbc.co.uk/teach/live-lessons/articles/zp3r8p3)  <https://www.youtube.com/watch?v=GMBSU-2GK3E>  [KS2 Science: How our circulatory system keeps us alive - BBC Teach](https://www.bbc.co.uk/teach/class-clips-video/articles/zhf76v4#:~:text=You%20can%20find%20out%20your,higher%20or%20lower%20than%20that)  .  Our heart rate changes as we do different activities throughout the day and to keep our heart healthy we must exercise it regularly like any other muscle. | | |
| **Main:**  follow one of the investigations below or use XL Wales workshops or set up your own version to:   * measure and record your heart rate when resting * exercise for a set time * repeat the measurements and record * vary the intensity of exercise to see what effect it has on your pulse   [Heart Rate Investigation for Kids](https://www.science-sparks.com/heart-rate-investigation/)  [Heart Rate Activity (teacher made) - Twinkl](https://www.twinkl.co.uk/resource/ca2-sc-29-heart-rate-activity)  [Heart Rate Investigation](https://www.stem.org.uk/resources/elibrary/resource/479984/heart-rate-investigation)  . | | |
| **Plenary:**  Can you come up with one sentence to describe what happens to your heart when you exercise using vocabulary that you have learnt in this unit?  **Extension:**  Can you convert your measurements into a graph? | | |
| **Useful links:**  **XL Wales:** excellent workshop on measuring your heart rate (no website but you can contact Julie via Facebook)  **Links to other units:**  Boxing fitness  Boxing circuits  boxing skipping | | |