

Exercise

Activity 1

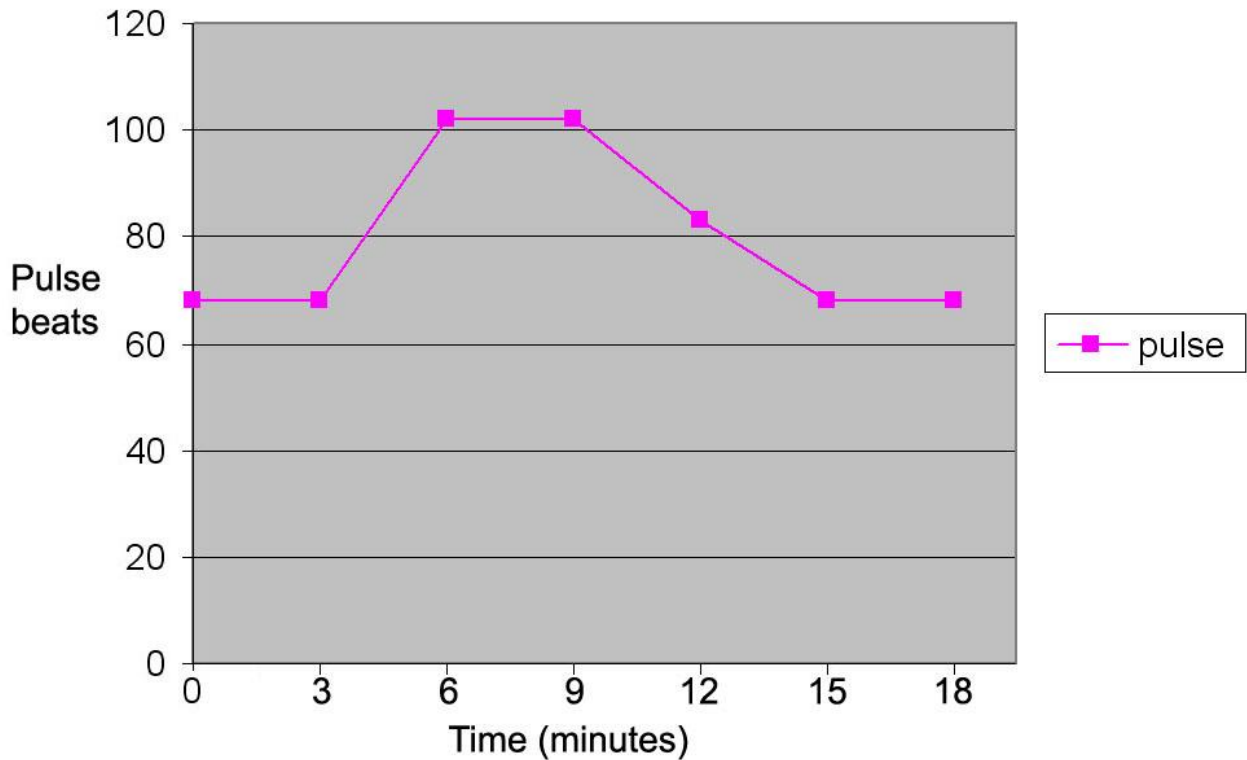
Lara fitted a sensor to monitor her pulse rate.

She recorded the reading from the sensor every three minutes in a table:

Time (minutes)	Pulse rate (beats per minute)
0	68
3	68
6	102
9	102
12	83
15	68
18	68

She then plotted these readings on a graph:

Graph to show pulse rate against time



Y6 SCIENCE HOMEWORK – SUMMER 1 & 2

What was Lara's pulse rate at the start?

After three minutes, Lara started to exercise. How can you tell this from the graph?

How long did Lara exercise?

When did Lara's pulse get back to normal?

What do you think happened to Lara's breathing when she was exercising?

Why do you think this happened?

Lara also went flushed and sweaty when she was exercising. Why was this?

Y6 SCIENCE HOMEWORK – SUMMER 1 & 2

Challenge *Does my heart always beat the same?*

Sit down, find your pulse and record how many beats you feel in one minute. Record this in the table below.

Now check your pulse when you are doing other things, and again record your results in the table below.

Activity	Pulse rate (beats per minute)
Sitting	
Standing	
Lying down	
After 2 minutes' running	
After drinking a fizzy drink	
After holding breath for 10 seconds	

What happens? Is it always the same? If it is not, can you find out why?

Find out how to keep your heart healthy.

What is happening?

Your heart is a pump which pumps blood out around your body through your arteries. You can feel the blood pumping where the arteries are close to your skin. These are your pulse points, and if you feel gently with your fingertips you can count how fast your heart is beating.

There are lots of different places on the body where you can take your pulse. The diagram shows some of them.

Your pulse is your heart rate or the number of times your heart beats in one minute. Pulse rates vary from person to person. Your pulse rate will vary depending on what you do. Certain activities will make your heart work faster and so your pulse will go up. Also the heart has to work harder when your body is in certain positions. How we feel and some chemicals in our food can either slow the heart down or speed it up.

