

Date

LO: To investigate how exercise changes your heartbeat.

Challenge 1: To write what you notice about the difference in heartrate.

What do you notice about your heartrate before and after exercise?

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Challenge 2: To explain why their heartrate has increased

Why does your heartrate increase after completing exercise?

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Challenge 3: To also include any other information regarding the different activities.

In which activity did the children's heartrate increase the least? Why do you think this was?

In which activity did the children's heartrate increase the most? Why do you think this was?
