

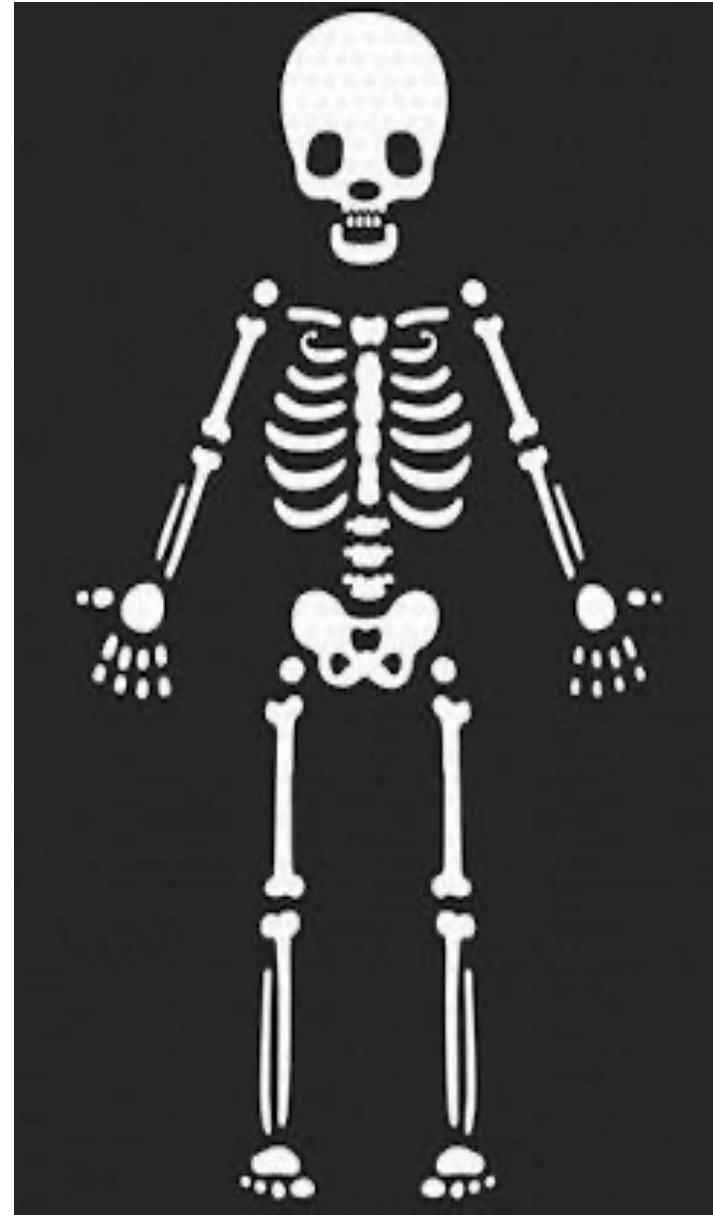
Science Year 2

Humans and Animals:
Exercise and Fitness

Recall:

What do you remember
about your skeleton?

What is the job of the
skeleton?



Today, we are going to learn about the organs of the body.

What organs do you know that are inside your body? What do they do?

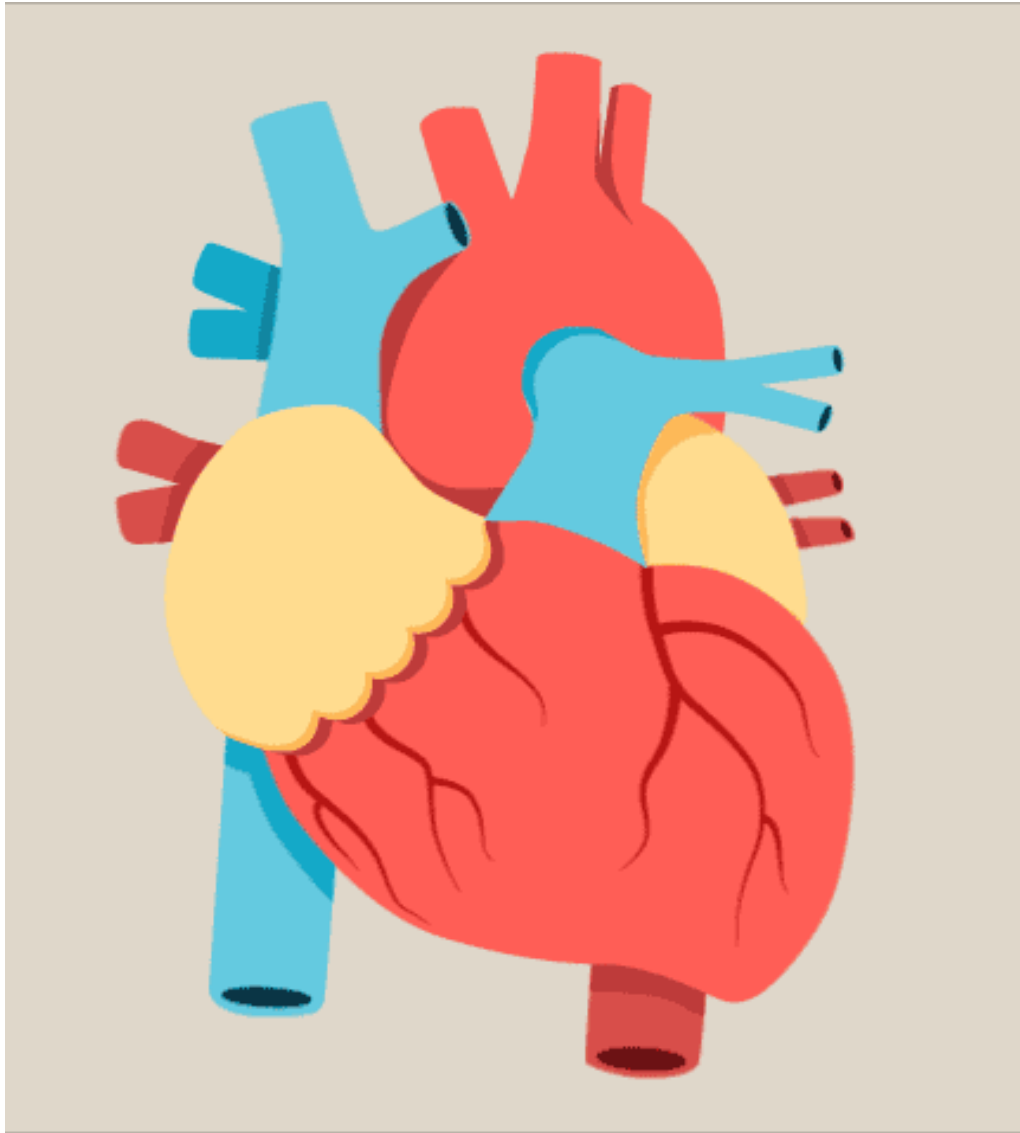
Here are some examples of our body organs, do you know what they are?

To help you watch the short BBC video on the organs of the body.

<https://www.bbc.co.uk/bitesize/clips/zsw39q>

Human Body Organs





Today, we are going to focus on the heart and how it works.

What does the heart do?

Why is it important?

How does it affect how we feel?

To help you, there is a video all about the circulatory system:
<https://youtu.be/-s5iCoCaofc>

To be able to do today's task, you will need to be able to find your pulse. There are 2 ways to do this.

Your pulse is usually the rate that your heart beats per minute. It is the amount of times your heart pumps blood around your body.

How to take your pulse

You can find your pulse in several places. Here are **two** of the easiest places to find it.

★ To find your pulse in your neck

Put three fingers of your left hand onto your Adam's apple in your throat (that's the bit that sticks out and goes up and down when you swallow.)

Push gently down on one side of it, and you will find your pulse beating (you can feel it going up and down). It can be a bit tricky to find this pulse, so you may not be able to feel it.



Or

★ To find your pulse in your wrist

Hold your hand in front of you.

Stick your thumb of this hand up in the air and turn the palm towards you.

With the first two fingers of your other hand, stroke from the top of your thumb down along the side of your hand until your fingers reach the end of your forearm nearest to your wrist.



Let your fingers slide downwards onto the inside of your forearm until you feel a tendon - which feels like a cord which is going from a muscle to a bone in your hand, and gently feel for your pulse on the thumb side of this tendon.








How many beats per minute can I feel?



TASK:

We would like you to measure your heart rate, when doing a range of activities. You might need someone to help you time.

Choose 4 different activities and record them on the table. These could be: breathing slowly, star jumps, press ups, jogging, walking, any activity that might change your heart rate.

What was the exercise?	How did I feel? Warm? Thirsty? Out of breath?	How many beats per minute could I count?	I did this activity again and my heartbeat was...
My resting heartbeat (when I was just sitting down)	 adjectives: _____ _____		
	 adjectives: _____ _____		
	 adjectives: _____ _____		
	 adjectives: _____ _____		
	 adjectives: _____ _____		

What can we tell from our experiment?

What affect does exercise have on the body?

What affect does being calm have on the body?

What happens to our body and our heart when we do these activities?

