



SCIENCE INVESTIGATION · ANIMALS, INCLUDING HUMANS

What does exercise do to our pulse?

England national curriculum · Year 6 · working scientifically

Our question

How fast does our pulse return to normal after one minute of exercise?

My prediction — what do you think will happen, and why?

What we will MEASURE, again and again
beats in 30 seconds $\times$ 2 = beats per minute, at rest and each minute after exercising

What we will KEEP THE SAME

- the same person measured the same way
- the same exercise (one minute of star jumps)
- counting for exactly 30 seconds

Equipment

☐ a timer or stopwatch

☐ somewhere safe to do star jumps

☐ this sheet and a pencil

Running it: About 15 minutes. Practise finding the wrist pulse first — two fingers, never the thumb.

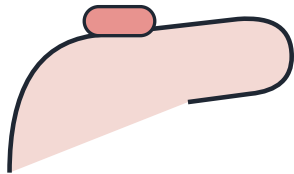
Keep it safe: Gentle exercise only — stop straight away if anyone feels dizzy or unwell. This is about noticing patterns, never about pushing hard.



STEP 2 · DO IT AND RECORD

Our results

two fingers on the wrist — never the thumb



count for 30 secs
then double it

the beat you feel is blood pushed by the heart

When	Beats in 30s	Beats per minute (x2)
At rest		
Straight after		
1 min after		
2 min after		
3 min after		
4 min after		

Units live in the headings, so the boxes only need numbers. Record at the same times, in the same way, every time.

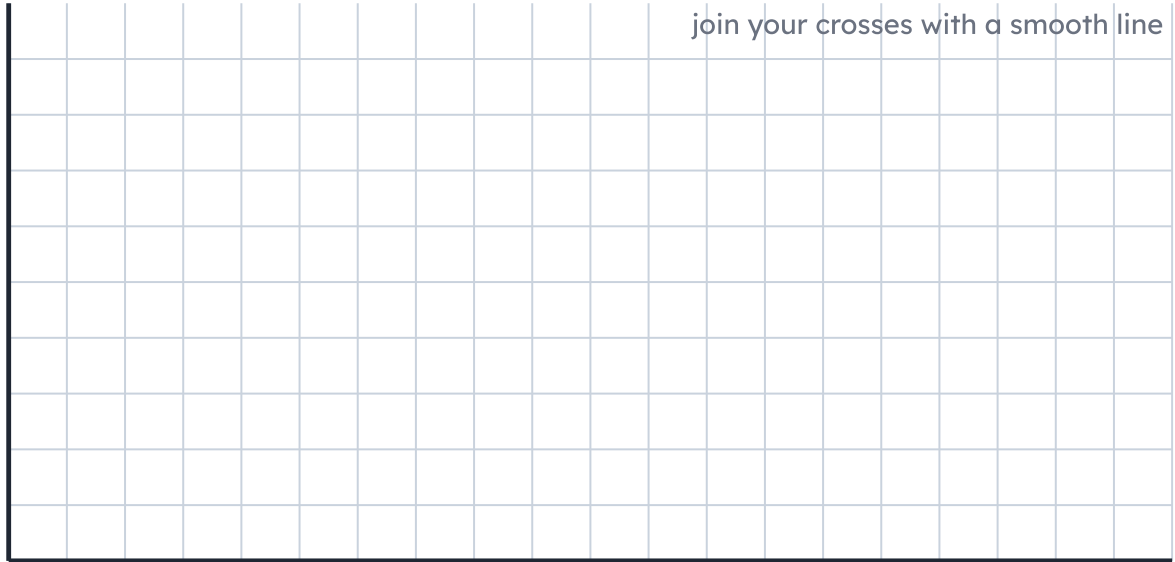


STEP 3 · DRAW THE PICTURE OF YOUR RESULTS

Line graph of our results

A line graph suits results that change smoothly over time. Number the temperature axis in equal steps, plot a small cross for each reading, then join the crosses.

Beats per minute — what we measured



Minutes after exercise — what we recorded

What does your chart show? Say it in one sentence.



STEP 4 · WHAT DID WE FIND OUT?

Our conclusion

I found out that...

I think this happened because...

My results show...

How did it go?

What went well...

What I would change next time...

A new question I could investigate...
