


Healthy Bodies

Learning Objective:

To investigate what happens to the heart when we exercise and why.

A cartoon character with a long, thin face, large eyes, and a wide nose is shown in a thinking pose. He has brown hair, is wearing a light blue shirt, a red tie with white polka dots, and blue trousers. His hand is on his chin, and his mouth is slightly open. Three small blue circles lead from his head to a large thought bubble.

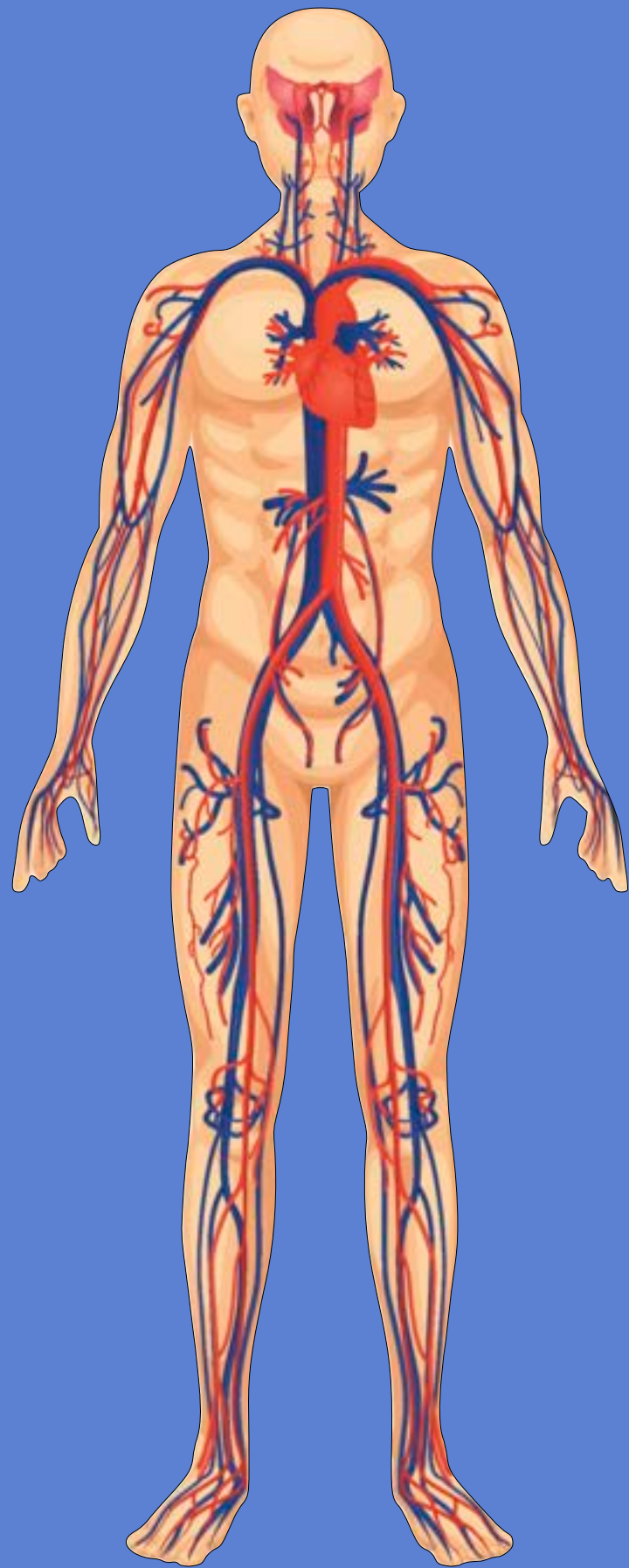
What
can you remember
about the circulatory
system?

How does it
work?

What does
it do?

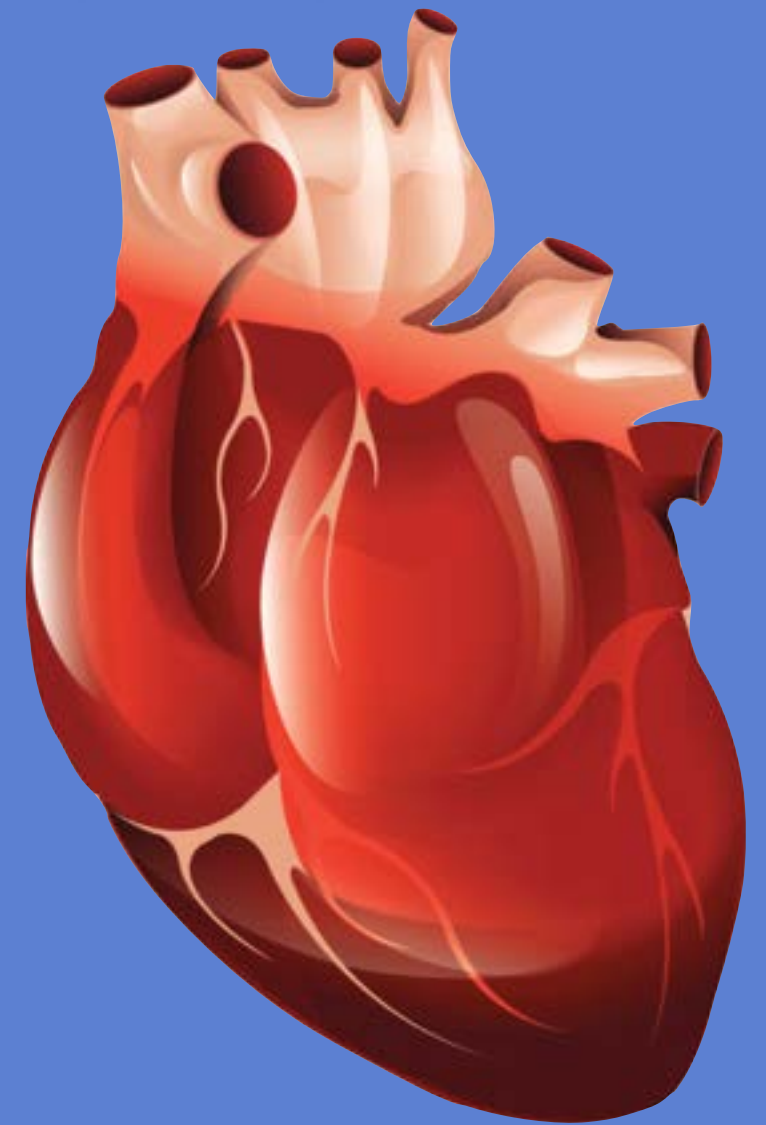
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The circulatory system transports blood around the body. Blood contains the nutrients, water and oxygen your body needs to survive and can take them to all the places in the body they needed.

The circulatory system is powered by the heart. The heart is a muscle which pumps the blood around your body. You can feel your heart rate through your pulse.



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Without our heart, we could not survive. It is important to take care of your heart to make sure it is healthy. One of the ways to do this is to exercise regularly.

What happens to your heart when you exercise?



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What is your resting pulse rate?
In other words, how many times
a minute does your heart beat
when you are resting?

You can take your
pulse by touching
your wrist with
your index and
middle fingers.



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How
do you think your
heart rate might
change after you have
done twenty star
jumps?

What about if
you ran around the
playground three
times?

Today we will be investigating how our heart rates are affected by exercise. How do you think we could do this so it is a fair test?



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