

# Healthy Bodies

## Learning Objective:

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

A cartoon illustration of a man with a long, thin face, wearing a light blue shirt, a red tie with white polka dots, and blue trousers. He has a thoughtful expression, with his hand on his chin and a large thought bubble above his head. The background is a solid blue color.

What  
can you remember  
about the circulatory  
system?

How does it  
work?

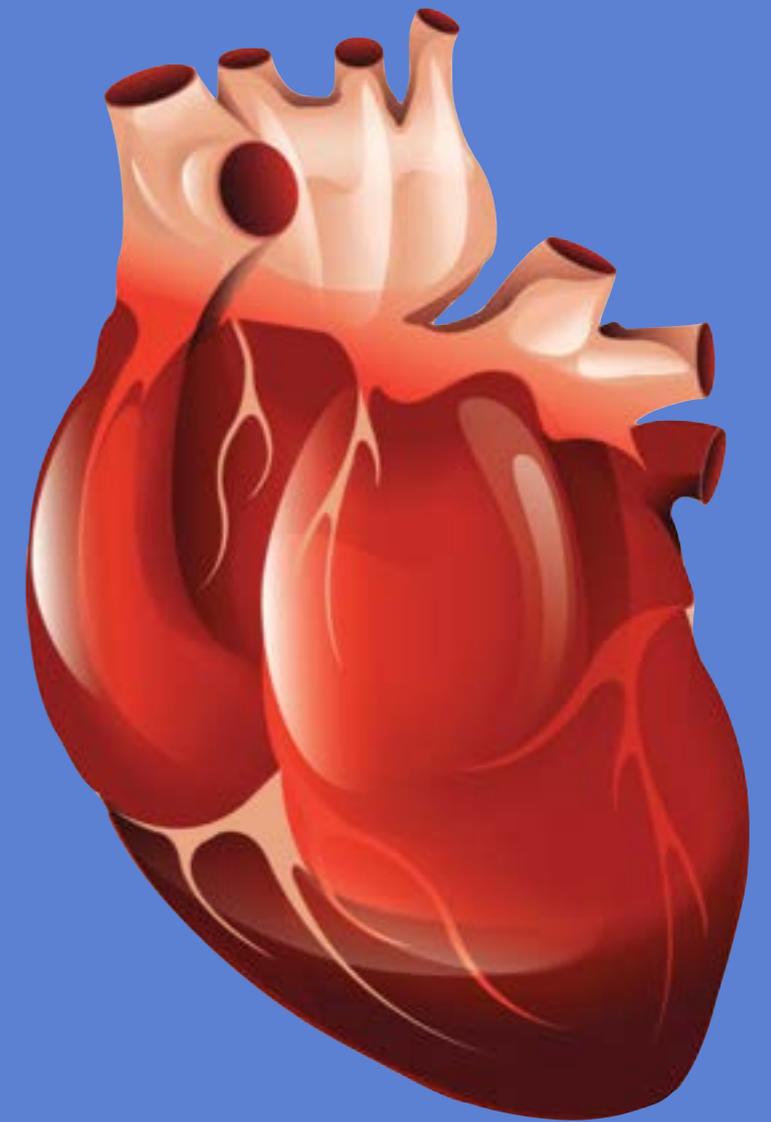
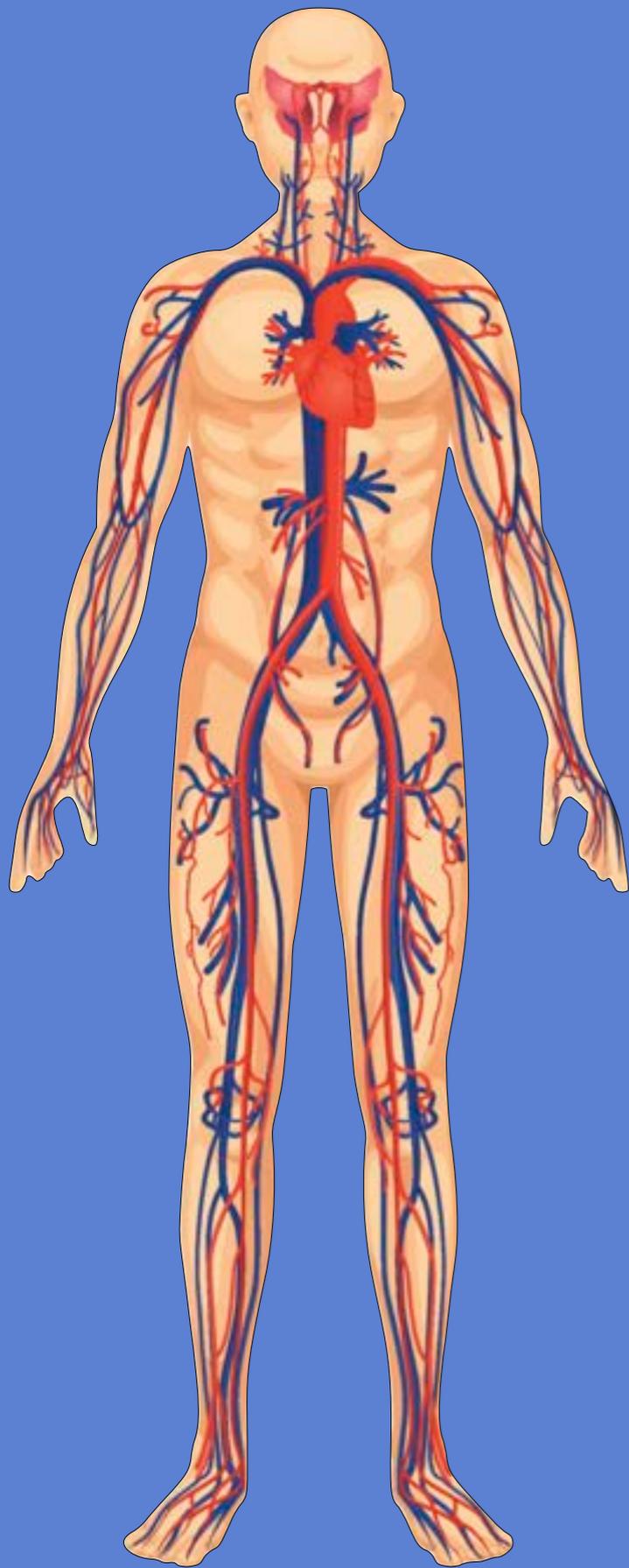
What does  
it do?

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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?



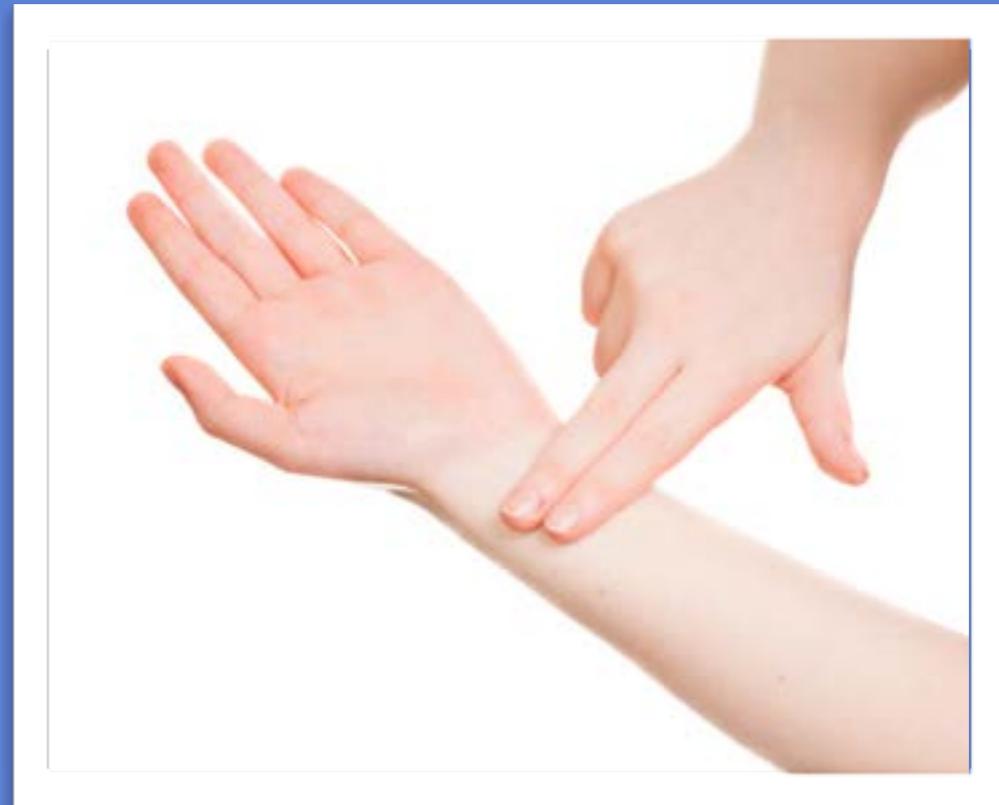
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What is your resting pulse rate?  
In other words, how many times  
a minute does your heart beat  
when you are resting?

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?

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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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