

Primary Seven Science

- * Hello and welcome to Science. Normally, we would be delighted to see you in our school and you would be working in our science labs, getting to know the equipment, doing experiments, finding things out.
- * This year, it's a bit different!
- * I've tried to put together a small investigation that you can do in the house. I hope you have fun and we are all looking forward to seeing you in August.
- * Best wishes from Mr Hughes and the Science Department.

Primary Seven

Exercise and Breathing Rate

Aim

To investigate the effect of exercise on breathing rate,
and why our bodies need oxygen

Success Criteria

WHAT CAN I DO?

	RED	AMBER	GREEN
I can carry out a fair experiment to investigate the effect of exercise on breathing rate			
I can explain why our bodies require more oxygen during exercise			

Breathing Rate



Breathing Rate is the number of breaths you take in one minute.
Remember one breath is completed when you breathe in AND out!!

Factors that might affect breathing rate

- * The level of exercise- light/ moderate/heavy
- * How long you exercise for
- * How warm it is
- * The clothing that you are wearing

Factors which should remain constant

- * Weather conditions
- * Clothing worn
- * Method of calculating breathing rate
- * Duration of each exercise (3 minutes!!)

Results

Type of Exercise (3 minutes)	Breathing Rate (Breaths per minute)
Sitting down	
Jogging	
Running Fast	

What did you find out?

Is there a relationship between exercise and your breathing rate?

If so, what is it?

Extension task:

HOPEFULLY, YOU FOUND OUT THAT AS YOU EXERCISED MORE, YOUR BREATHING RATE WENT UP!

Our next job is to try and find out why that is.
Ask your mum/dad/carer/brother/sister what they think.

Use the internet to help you.

WHY WHY WHY – it's what science is all about.