

Science: Exercise

WALT: understand what exercise does to our body and give reasons for why it is good for you.

How do we already exercise?

Tell me 3 ways that you already exercise. Draw a picture and label it.

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Investigation:

What happens to my body when I exercise?

Plan:

What I am going to do:

How I am going to measure my heart rate:

I predict that:

Results:

Measuring my heart rate:

Before exercise	After exercise

Other things I noticed:

Why is exercise important? Draw and explain 3 reasons.

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