



Science

Animals Including Humans



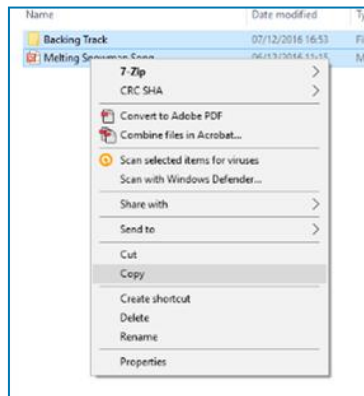
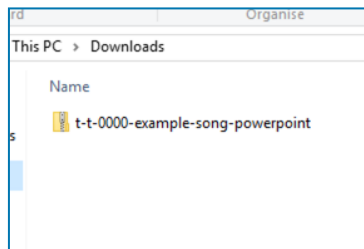
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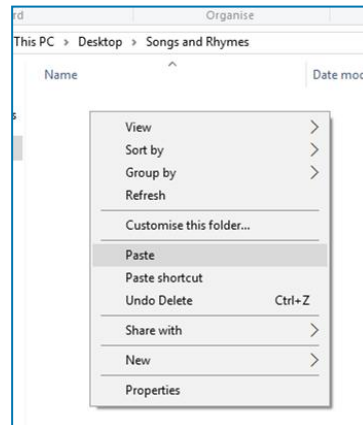
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Guidance for Video/Audio in PowerPoints

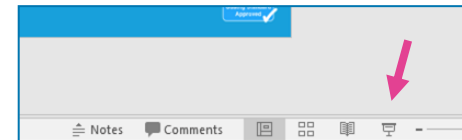
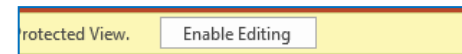
1. Open the folder and copy all the files.



2. Paste the copied files into a new folder.



3. Open the PowerPoint file, enable editing and enter presentation mode (start the slide show).



Meet Quizby!

Can you spot me in the
Lesson Presentation?

The questions that appear will help
you to think about the key learning
throughout the lesson.



Exercise



Aim

- To test the effects of exercise on the human body.

Success Criteria

- I can ask questions about exercise.
- I can say what I think (predict) will happen to my heart rate during exercise.
- I can perform a test about exercise and talk about what I find out.





Remember It

Let's split into two teams to play Three in a Row!

- Take it in turns to answer a question.
- Click on each square to check if your answer is correct -
one correct answer = one point.
- If your team gets three in a row, you will score an additional five points!
- Keep trying to score points until all the questions have been answered.

**PLAY
GAME**



Growing Up and Staying Healthy



Let's find some information about staying healthy from the **Knowledge Organiser**. Click the magnifying glass to zoom in.

Animals Including Humans
Year 2

Key Vocabulary	
diet	The food and water that an animal needs.
exercise	A physical activity to keep your body fit.
germs	Tiny living things that can cause disease.
hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
nutrition	Food needed to live.

To stay alive, all animals have three basic needs for survival:

air

water

food

Eatwell Guide

Eat less often in small amounts

oil and spreads
Choose unsaturated oils and use in small amounts.

6-8 a day

Water, lower fat milk and sugar-free drinks.

Being active and **exercising** keeps our bodies and minds healthy.

To stop germs from spreading, it is important to be **hygienic**.

To look at all the planning resources linked to the Animals Including Humans unit, [click here](#).



Growing Up and Staying Healthy



Look again at this key learning from the **Knowledge Organiser**.

To grow into a healthy adult, we should try to eat the right types of food in the right amounts and **exercise**.

What could we try to find out about exercise?

Let's think of questions we could ask.

Who?

What?

When?

Where?

Why?

How?

Do?

If?



Growing Up and Staying Healthy



Example Questions

Why should we try to exercise?

How much exercise should I try to do?

Why is it important for us to try to exercise?

How much exercise do we need?

Can you ask a question about exercise? Can you make a class list of questions to answer?

Let's see if we can find the answers to any of our questions in the **eBook!**



Growing Up and Staying Healthy



Think about what we have read.

**How can exercise help us to stay healthy?
Can we now answer the questions on our list?**

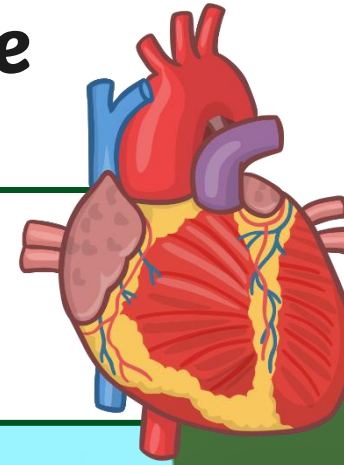


Investigating Exercise



Today, we will be asking the question:

Which activity will make my heart rate faster?



If we are not moving very much, our heart rate is slow.
When we exercise, our heart rate speeds up.

How do you know if your heart rate is fast?

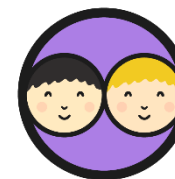
Can you think of any activities that speed up your heart rate?

We are going to decide which kinds of activities we think will speed up our heart rate!

X

Prompts

- ▶ you feel out of breath
- ▶ you feel warmer
- ▶ you feel sweaty
- ▶ you feel tired
- ▶ your heart is beating faster in your chest
- ▶ you have a faster pulse



Investigating Exercise

If you did each of these exercises for **30 seconds**, which do you think would make your heart rate faster and which wouldn't?

- ▶ With a partner, cut out the activities and read each one.
- ▶ Do you think it would make your heart rate faster or not?
- ▶ Stick each one into the correct place in the table.


Investigating Exercise

To test the effects of exercise on the human body.

With a partner, cut out the activities and read each one. Do you think it would make your heart rate faster or not if you did it for 30 seconds? Stick each activity onto the correct place in the table.

Would make my heart rate faster	Would not make my heart rate faster

Investigating Exercise

lunges 

tap your shoulders 

wiggle your fingers 

Here is how long 30 seconds is:

START
TIMER

End





What Do You Think Will Happen? (Making Predictions)

Where did you decide to sort each activity? **Why?**

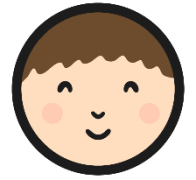


Investigating Exercise

Would make my heart rate faster	Would not make my heart rate faster



What Do You Think Will Happen? (Making Predictions)



Choose one of your **'would'** make my heart rate faster and one of your **'would not'** make my heart rate faster

X



Can you say what you think will happen to your heart rate during exercise?

Can you explain **why** you think that these activities would or wouldn't make your heart rate faster? Let's use this word bank to help us:

What Do You Think Will Happen (Making Predictions)

To test the effects of exercise on the human body.

Can you explain why you think your chosen activities would make your heart rate faster?

You can use the word bank at the bottom of the page to help.

I think _____ would make my heart rate faster
because _____

I think _____ would not make my heart rate faster

Word Bank

heart rate	fast	body	tired	movement
easier	harder	slow	less	warmer
arms	legs	more	energy	breathe faster/slower

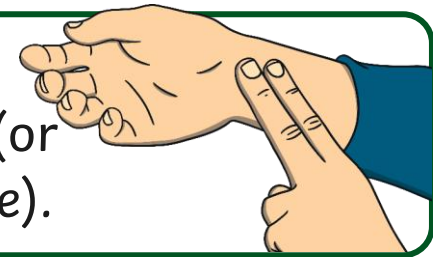




Making Observations (What Do You Notice?)

One way to see if our heart rate is faster is to check our pulses.

Place your first two fingers on the inside of your wrist (or you could try the side of your neck under your jaw bone).



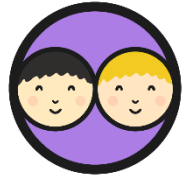
Touch carefully and make sure you don't press too hard. If you can't feel the pulse straight away, try moving your fingers slightly or try the other wrist instead.

While we aren't moving very much, our pulse will be fairly slow. Some activities will make it speed up!

Let's see if there is a difference once we have done our activities.



Making Observations (What Do You Notice?)



After choosing your two activities to compare from your table, decide which activity you and your partner will both complete first.

When everyone is ready, we will start the 30 second timer for you to complete the activity! Stop when the timer finishes.

START
TIMER

End



Discuss with your partner while you rest for 2 minutes - Is it what you thought would happen? (Was your prediction correct?)

After your rest, repeat with your second activity.





Discussing the Answers

Let's share what we have found out.



Did the activities make your heart rate faster, or not?

Why or why not?

Were there things you found tricky?

Did you find out the same things as your friends?

Why might it be different for different people?





Discussing the Answers

It's important to choose **varied** (lots of different) types of activities that use several different parts of our bodies to help us to stay active and healthy.



What is your favourite type of **exercise**?



How could we try to get more **exercise** each day?



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