

# Exercise Tally Chart

Exercise	Tally	Total

## Reasoning Cards

4



Cally

I think if I did two minutes of running it would affect my body more than if I did two minutes of yoga.

No, two minutes of any exercise would have the same effect on you. It doesn't matter what the exercise is.



Jack

Who do you think is right? How do you know that they are correct and what could you do to prove this?

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**Reasoning Card ④**

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**Example answer:**

**Cally, who said that running would affect the body more, is correct. Running increases the heart rate more as your body needs to work harder. Running is an aerobic exercise, whereas yoga is more of a strengthening exercise. Children may also say that running makes you more tired, makes you hotter and sweat more.**

**To prove Cally is correct, a comparative test needs to be devised. Children should suggest that someone does two minutes of each exercise and then to look at how it has affected their body. The most obvious way to do this would be to look at the heart rate obtained straight after running by recording the person's pulse in beats per minute. Children may suggest that you take a resting heart rate first. They should also suggest that there needs to be a rest period, for the heart rate to return to normal, before the second exercise is carried out. The children might also talk about repeating the test or carrying it out with more people.**

# What Is Our Favourite Exercise?

To understand that regular exercise is important for a healthy body.



1. Which is the most popular exercise in your class? Why do you think this is?

\_\_\_\_\_ was the most popular exercise.

I think this is popular because \_\_\_\_\_

\_\_\_\_\_

2. Which was the least popular exercise in your class? Why do you think this is?

\_\_\_\_\_ was the least popular exercise.

I think this is not popular because \_\_\_\_\_

\_\_\_\_\_

3. Create a poster to advertise a new club in your school community. Tell everyone about what the club is; back this up with evidence from your survey. Remember to include the benefits of exercise and any other details you think are needed on your poster.

# What Is Our Favourite Exercise?

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1. Which is the most popular exercise in your class? Why do you think this is?

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2. Which was the least popular exercise in your class? Why do you think this is?

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3. Do you have clubs for these exercises in your community?

Write a short speech to persuade your headteacher or school council to start a club. Use your tally chart to think about what type of club and to help back up your argument. Remember to talk about the benefits of exercise.

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3. Do you have clubs for these exercises in your community?

Write a short speech to persuade your headteacher or school council to start a club. Use your tally chart to think about what type of club and to help back up your argument. Include a bar chart or pie chart to show your findings and remember to talk about the benefits of exercise.