



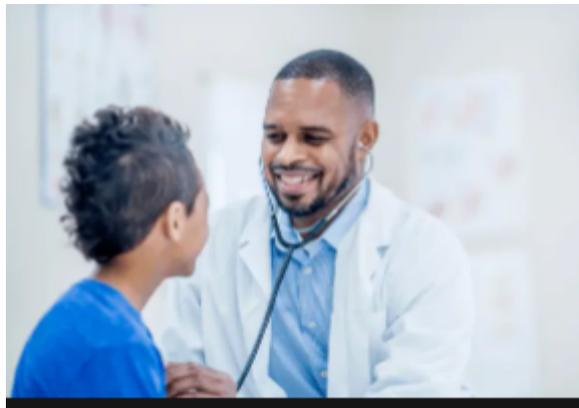
Autumn 1 Science Quest



Are you ready to challenge yourself with a Science Quest?

Earn 10 housepoints for your house by completing a challenge and sharing it in school.

Year 6

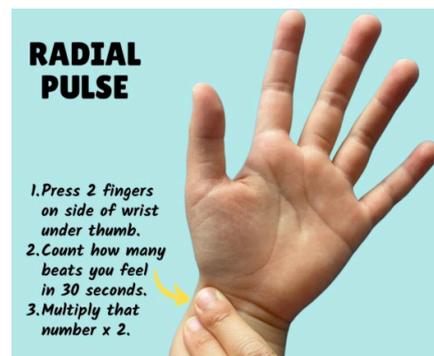


Does your heartbeat change as you get older?

Have you ever felt your heart pumping in your chest? What experiences have you had that meant you could feel it pumping? What activities will make your heart pump faster or slower. Does your age affect your heartbeat? You can measure your heartbeat by counting your pulse.

What you need

- activities to test pulse rates
- different people to measure their pulse



What to do

1. Measure the pulse of each person.
2. Complete an activity for 2 minutes.
3. Remeasure the pulse of each person.

	Person 1	Person 2	Person 3	Person 4
Before activity				
After activity				

4. Record your results and answer the question.

Background Science

The heart pumps blood around the body through vessels called arteries, veins and capillaries. Blood delivers oxygen and nutrients to all parts of the body to help the organs and muscles work properly, and takes away waste products including carbon dioxide.

The heart needs physical activity to keep it healthy. Regular exercise can help to improve your health and prevent diabetes, high blood pressure, high cholesterol and obesity.