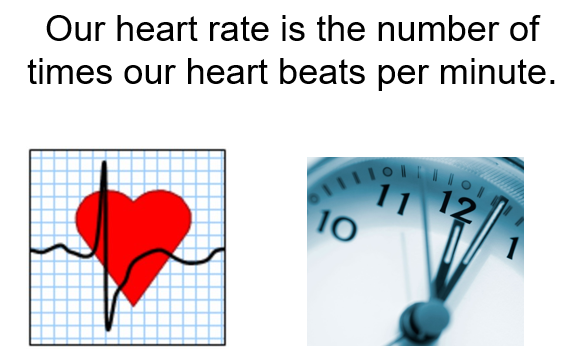
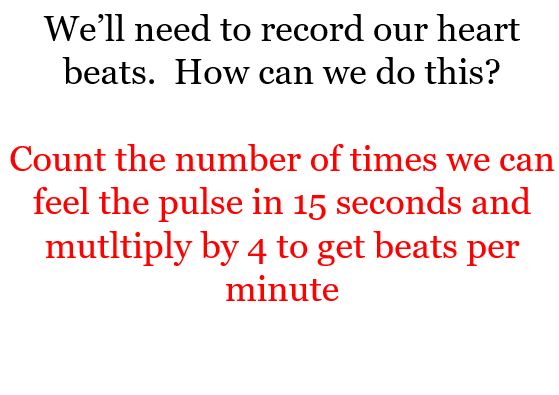
**Science 7.5 Circulatory system**

Go to the following web page:

https://www.bbc.co.uk/teach/class-clips-video/science-ks2-how-our-circulatory-system-keeps-us-alive/zhf76v4

Activity

1. Stay sitting down. Count your pulse for 15 seconds. Multiply the answer by 4. Record your answer.
2. Slow your breathing down - breath in for 2 seconds – hold your breath for 2 seconds – breath out for 2 seconds. Take your pulse and record the answer.
3. Walk around normally for 1 minute. Take your pulse and record your answer.
4. Jog n the spot for 1 minute. Record your pulse rate.
5. Jump up and down for 1 minute. Take your pulse and record.
6. Sprint for 1 minute. Take your pulse and record.

Use the sheets below as an example to record and produce your own graph to show how your heartbeat changes.

