

## Working scientifically Year 6 Heart Rate Poses

We know that pulse rate increases with exercise so what happens if the body is still e.g. in a plank?

After our last pulse rate investigations, what do you predict this time

What can we do to find out?

To make and explain predictions based on previous results

To plan and carry out a test into stationary exercise

To consider different variables

To collect and record results

To present and discuss findings



What is the difference between resting rate and after the stationary exercise

Do your results support or contrast with your prediction?

Why do you think the heart beats faster when you are upside down?

Can you see any visible changes caused by blood circulation when a person does a headstand?