**Respiration Homework**

**How does exercise affect the rate of respiration?**

**You will need:**

Stopwatch

Table of results

**Method:**

1. Find three different tasks that you will be doing this week - it could be anything from watching TV to playing Rugby. Each task that you choose should require a different amount of physical effort.

2. Decide which activity is the most sedentary (requires the least amount of physical effort) and write this down in the activity column of your table below the entry recorded as ‘At rest’.

3. Continue to order your activities in your table so that the most active task is at the bottom.

4. Sit quietly for two minutes so that your heart rate is at rest.

5. Find your pulse by resting two fingers (not your thumb) on your wrist or your neck. If you are struggling, ask a parent or a friend to help you.

6. Once you have found your pulse, start the stopwatch.

7. Count how many times you feel a beat until the stopwatch reaches 30s.

8. Multiply this number by two so that you now have the number of beats per minute.

9. Write this value down in your table in the column labelled ‘bpm’ in the row labelled ‘at rest’.

10. Immediately after you have finished an activity listed in your table, such as straight after a rugby match, find your pulse.

11. Repeat steps 5-9 for each activity.

12. Bring this data to your next lesson along with any observations that you make about the type of activity and the change in pulse rate and make a prediction about why this is.

**Results Table**

|  |  |
| --- | --- |
| **Activity** | **Bpm** |
| At rest |  |
|  |  |
|  |  |
|  |  |

I have noticed that when I exercise more…

I think this is because…