**Explaining the task**

I have sent you two documents **Investigating plan sitting to a brisk walk** and **Investigating sitting to walking table of results, a bar graph and a conclusion.** Read through both these documents first. The person that completed this test wanted to see what would happen to their pulse rate and breathing rate when they increased their movement from sitting to a brisk walk. Have a look at their results, what do you notice about their pulse rate and breathing rate before and after exercise?

Using this information I would like you to test their results and extend the investigation by making a further prediction. This means I would like you to plan an investigation where you increase the movement from a brisk walk to a more active exercise e.g. star jumps, running on the spot, skipping etc.

In the investigation the person was measuring both their pulse rate and breathing rate but I would like you to choose just one. To measure your pulse rate you can find it with your fingers (not your thumb) on your wrist or neck. To count your number of breaths you put your hand in front of your mouth and when you breathe out you can feel your warm breath on your hand, this counts as one.

When you will carry out the investigation (next week) you will need to complete the first exercise of sitting to a brisk walk and then complete the investigation again with your exercise so sitting to a star jump or running or skipping (the exercise you have chosen).

For this week all I want you to do is to decide the exercise you would like to test and whether you are measuring your pulse or breathing rate. Once you have decided this complete the **worksheet ‘Investigation template for exercise’** use the **‘Investigating plan sitting to a brisk walk’** information to support you. Don’t forget to show off your understanding of how your heart and lungs work when explaining your ideas in the prediction.

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