

Adult Guidance

Exercise Investigation

This lesson is intended to be conducted over the course of an afternoon or two lessons, particularly if you want to repeat the results.

This lesson is intended to give children the opportunity to bring together their knowledge and understanding of planning, conducting and reporting on an investigation. This is based on the idea that they will have already encountered making these choices in previous year groups.

If more support is needed for the investigation then the following support may be appropriate:

- Creating a question as a whole class.
- Modelling how to create a table of results.
- Differentiating the planning of the investigation by ability group so LA can work as a larger group or be given additional support from an adult.
- Planning part of the investigation as a class.
- Reporting the findings as a paired or group activity.
- Supporting the children with assessing the degree of trust for their data.

The expected results of this investigation is that some exercises will raise the heart rate more than others and this should correspond with the types of exercises that are considered moderate or intensively vigorous.

However, this activity is intended to be open-ended, so all investigations that relate to enquiring about different forms of exercise and where the difference in pulse rate is measured are suitable.

Degrees of Trust

This part of the lesson is intended to introduce the children to the importance of accuracy in data collection. There are many different ways in which high degrees of trust in evidence can be established, for example honest reporting, reporting findings that do not support their hypothesis, or establishing a consensus with peers (depending on the investigations conducted by others in the class).