



Observations Over Time

Thursday 15th October 2020

LO: To describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.



Exercise/Activity	What part of my body am I using?	How many pulses can I measure in 30 seconds?	What happened to my body?
Rest			
Jogging on the spot			
Rest			
Throwing and catching			
Rest			
Running and jumping			
Rest			

Challenge:

My table shows that when I exercise.....

.....

.....

.....

