

## ACTIVITY 8 WHAT HAPPENS WHEN WE EXERCISE?

Today we are going to investigate what happens to our hearts after we do exercise. Sarah's doing quite a lot of exercise at the moment and we will see how this affects her.

### STARTER

Before we begin, have a discussion in pairs and write down as many ideas as you can.

Why exercise?

Q1

Can you think of activities that just need a little energy and activities that need a lot of energy?

A little energy

A lot of energy

**Q2****How do you feel when you exercise?****Q3****What happens to your body during and after exercise?****Q4****Think about what happens when you exercise and then look below to see if you can select the correct word from each sentence.**

When you exercise parts of your body need a **decreased / normal / increased** blood supply (more **carbon dioxide / oxygen / nitrogen** and nutrients) so your heart beats **at the same pace / faster / slower**.

You also breathe **slower / faster / less deeply** - to get more oxygen into your **kidneys / stomach / lungs**, and to get rid of the **nitrogen / carbon dioxide / oxygen**.

You also get **cold / hot / shivery** and sometimes flushed (or red faced).