

# Why Do I Get Hot when I Run?

LIFE SCIENCES

## Get curious

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Observing

**The students observe what happens in the human body when a person does nothing.**

Divide the students into two groups and give them separate instructions.

## Get going

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Video/ Slide show

**You will see a short film about how muscles work.**

Movement game

**The students play a game in which they bend an artificial arm to see how its muscles work.**

Experiment

**The students observe the effect physical exercise has on their body (when their muscles are working).**

Carry out the experiment in three teams – each team measures one physiological parameter both at rest and after physical exercise.

Conclusions

**The teams take turns to present their results. How did these parameters change after doing physical exercise? Draw conclusions.**

After physical exercise both our heart rate and the frequency of our breathing change, but so too does our body temperature. Discuss why this happens and give a small demonstration to explain the effects of physical exercise on breathing frequency.

Summary

**Sum up the class by asking the following question: why do we get hot when we engage in intense exercise?**

Ask the students: what happens to our body during intensive training? Is there a moment when we have no more energy to keep running, and if so why does this happen? Sum up: when we perform physical activity, our muscles do a lot of work, for which we need fuel and oxygen, which are supplied to us together with our blood. To satisfy any increase in demand our breathing frequency increases and our blood flows faster – we get tired.

## Get practicing

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Writing

**The students watch a video and write a one-minute essay on the following topic: “do animals get tired?”**

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