

# Why Do I Get Hot when I Run?

LIFE SCIENCES

## Get ready

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Before class prepare at least 10 devices for measuring breathing frequency.

Materials:

- 10 short straws,
- 10 small plastic bags (breakfast bags)
- tape.

Instructions:

Insert the straw in the bag and seal it with tape in such a way that after breathing in it the bag fills with air. Make small holes in the bag. The purpose of the device is to show breathing with the help of the movement of the bag.

## GET CURIOUS

Observing: What are we doing when we are doing nothing?

☐ for half of the students: sheets of paper and pens

## GET GOING

Movement game: How do the muscles work?

- ☒ **We provide:** Hand picture (pdf)
- ☐ 2 sticks (they can be from a broom)
- ☐ rubber or some other narrow material that stretches, approx. 6 metres/20 ft, ideally red in color
- ☐ string, min. length 1 m/3ft

Experiment: What happens to our body during physical effort?

- ☒ **We provide:** Worksheet – effects of physical activity on the body
- ☐ several thermometers, ideally electronic or forehead strip thermometers
- ☐ a stethoscope or electronic device for measuring blood pressure
- ☐ devices for testing breathing frequency prepared before class, i.e. straws with foil pouches

Conclusions: How did parameters change after physical effort?

- ☐ a candle
- ☐ a match/matches
- ☐ a straw