

Name: _____

Circuit Training Record

	Session 1	Session 2	Session 3	Session 4	Session 5	Average (mean)
Twists						
Sprint starts						
Spotty dogs						
Burpees						
Jumping Jacks						
Squat thrust						
Side to sides						
Rock n' roller						

Investigating Pulse Rate

When our body moves and our muscles work, our heart has to work harder to pump blood around our bodies, helping to supply the extra oxygen and energy our muscles need. Our **pulse rate** is the number of times our heart beats in 1 minute. **Rest Pulse** is the number of times your heart beats in one minute when your body is at rest.

My predictions:

I predict that _____ will increase my pulse rate **most**.

I predict that _____ will increase my pulse rate the **least**.

	Rest Pulse	Pulse rate after 30 seconds	Increase in pulse rate
Twists			
Rock n' roller			
Sprint starts			
Spotty dogs			
Side to sides			
Burpees			

Conclusion: I have found out that _____

Investigating Breathing Rate

We have already investigated what happens to our pulse rate when we exercise our bodies. Our lungs and heart work together, with the lungs passing oxygen into our blood before it is pumped around our bodies by our heart.

What will happen to my breathing rate when I exercise?

I predict that _____

	Breathing rate at rest	Breathing rate after 30 seconds	Increase in breathing rate
Twists			
Rock n' roller			
Sprint starts			
Spotty dogs			
Side to sides			
Burpees			

Conclusion: I have found out that _____
