

THIS WEEK'S WRITTEN TASK

Your task is to plan and carry out a scientific experiment!



Watch this video clip as an introduction to exercise on the body.

<https://www.bbc.co.uk/bitesize/clips/zgqw2hv>



This week's writing challenges requires you to carry out an experiment where you will be testing the impact of exercise on the body.

Creating a Question

For this you will need to create your own questions to investigate.

Think about all the things you could investigate which link to exercise and the body. Consider how these could be measured or compared.

Variables - what will you control and what will you change?

You must consider what variables you could change, and then what variable you will change. Remember to only change one variable to ensure your results are reliable and you have carried out a fair test.

You could change the amount of time you exercise, the exercise itself (running vs burpees), running on a flat surface vs a slope, or you could even change the time of day that you exercise!

What other one thing could you change when exercising?

What You Could Measure

Consider what you will measure. It may be you can record your own heart rate after exercise by taking your pulse for a certain amount of time. Alternatively, you could see how long it takes your body to recover from exercise when you have exercised for longer or at an increase speed. You may need to use a phone or iPad as a timer or stopwatch.

What other ways could you measure the impact of exercise?

On the worksheet below, you can write or draw your variable and what you could measure in the boxes on this sheet.

Remember to:

- Use the vocabulary sheet to help you use a range of scientific vocabulary
- Look at examples of ways to present data to choose the most suitable representation.
- Use your science knowledge to complete the 'Answering our question and Conclusion' section at the end.

ENJOY YOUR SCIENTIFIC EXPERIMENT, YEAR 6!

We are investigating

.....

The *variables* we could change

The *variables* we could
measure/observe

We will change

--

We will
measure/observe

--

Our question is ...

If we change

--

what will happen to

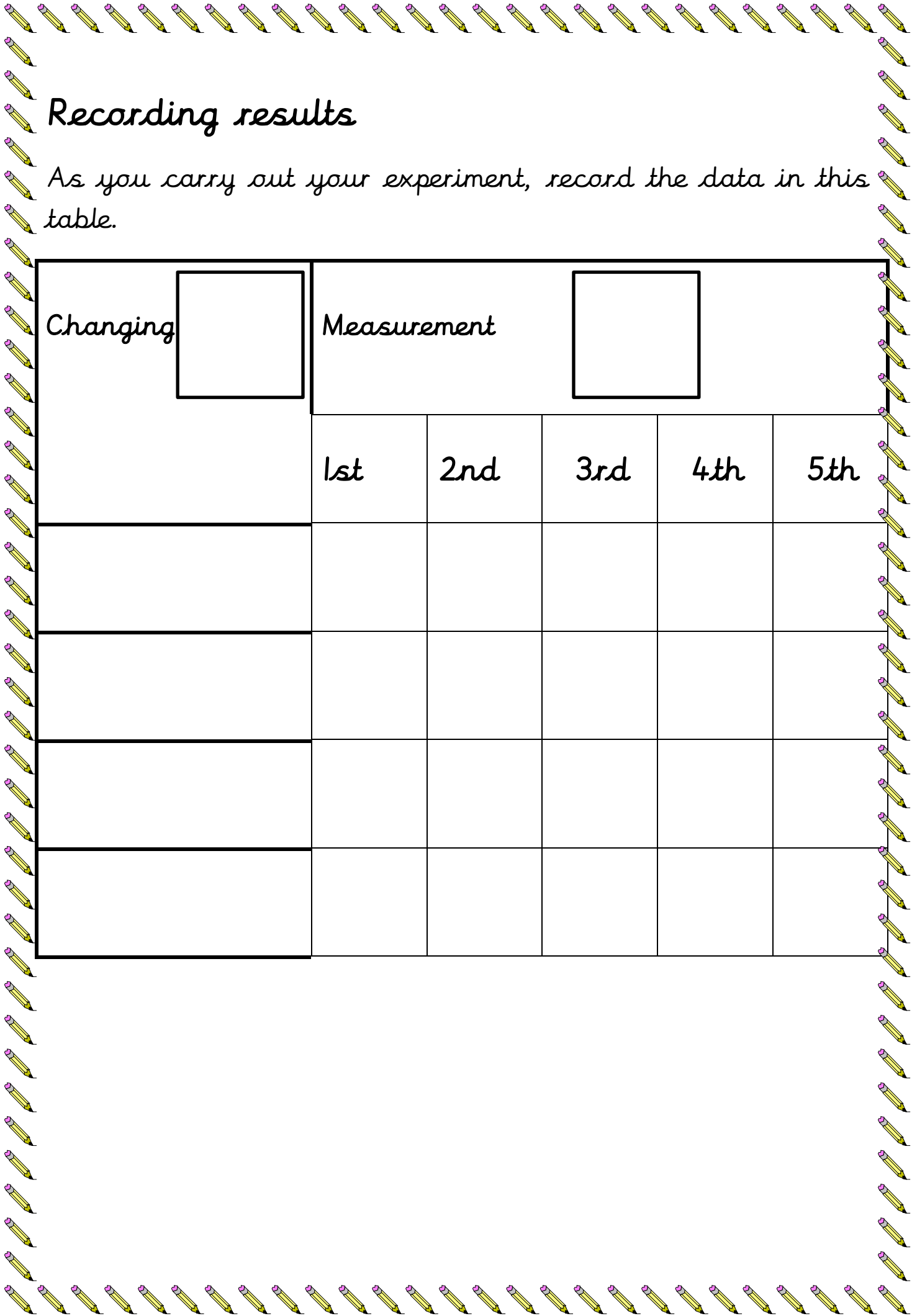
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?

To make it a *fair test* we will keep these *variables* the same

Prediction

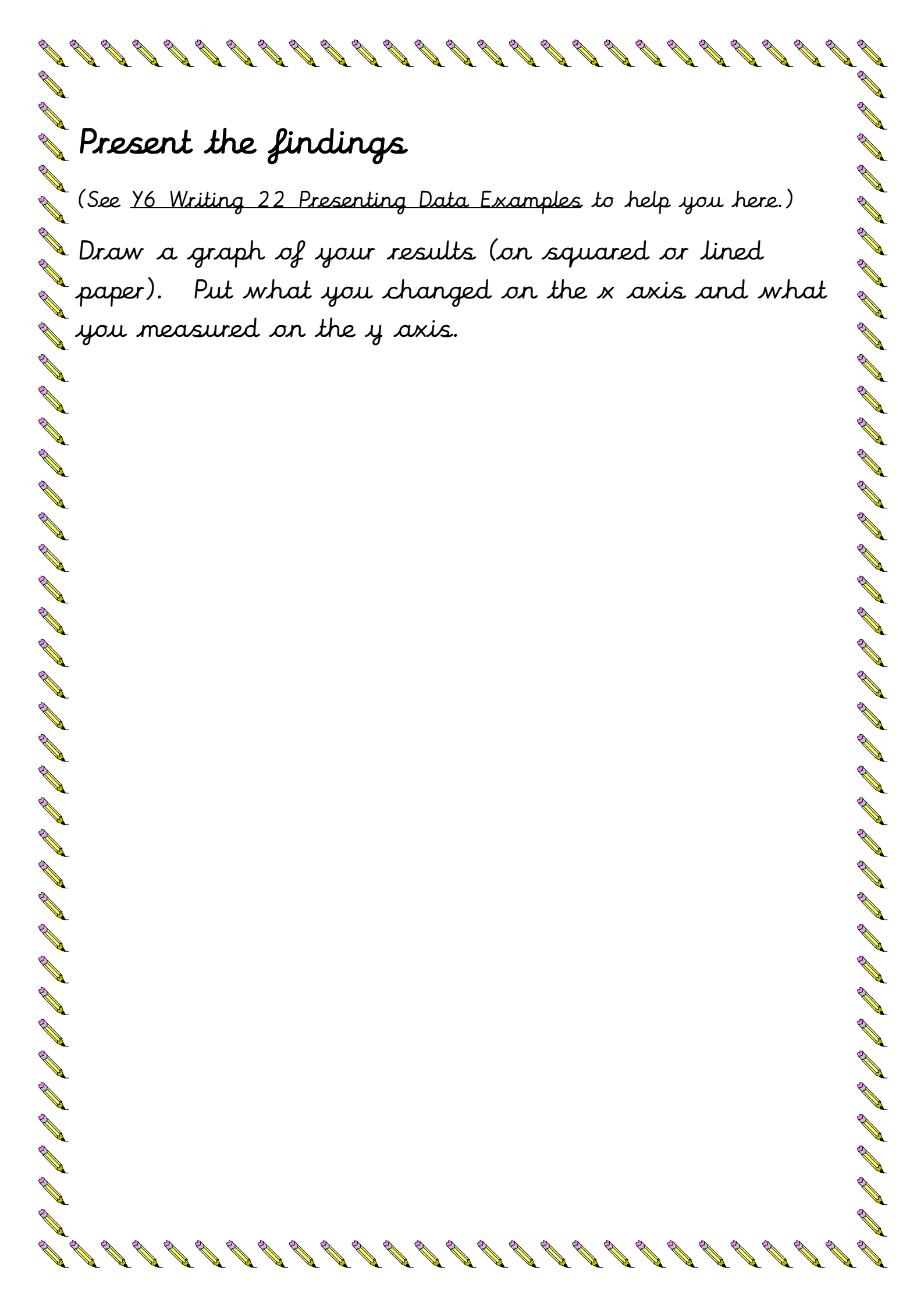
Explain what you think will happen and why. Use scientific reasoning and vocabulary.



Recording results

As you carry out your experiment, record the data in this table.

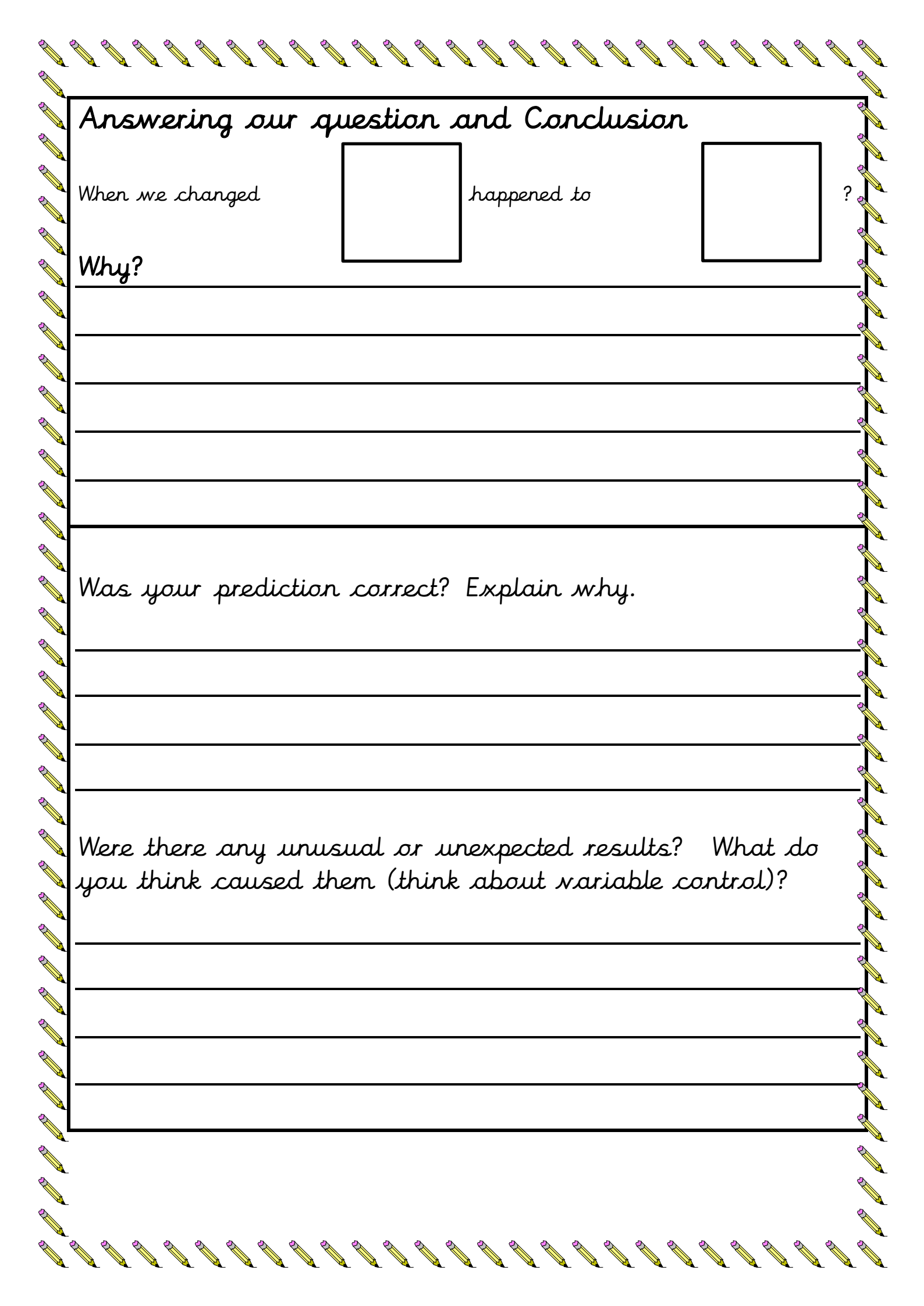
Changing	Measurement				
	1st	2nd	3rd	4th	5th



Present the findings

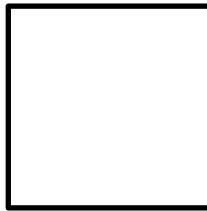
(See Y6 Writing 22 Presenting Data Examples to help you here.)

Draw a graph of your results (on squared or lined paper). Put what you changed on the x axis and what you measured on the y axis.

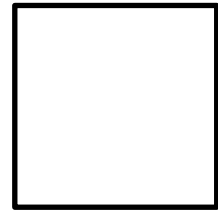


Answering our question and Conclusion

When we changed



happened to



?

Why?

Was your prediction correct? Explain why.

Were there any unusual or unexpected results? What do you think caused them (think about variable control)?
