



## Finger on the pulse - KS2 Challenge Sheet

What's inside the human body? Using a range of resources, explore the skeleton, muscles and internal organs of the body. Finally, practically examine the relationship between heart rate, pulse rate and exercise.

### **Educational objective**

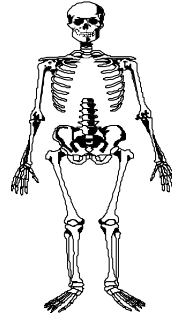
To develop an understanding of the function of the human skeleton and the relationship between the skeleton, muscles, and circulatory system. To involve pupils in the process of investigating the relationship between heart rate, pulse rate and exercise.

### **Approach**

Whole class introduction using the resources provided- skeleton, torso, 'dimensional man'. Pupils will then work in groups of 4 to plan and carry out an investigation.

### **Specific skills to be developed**

Investigation skills- planning and carrying out an investigation. Group working skills



### **Cross-curricular links**

Science/Maths

### **Ideas for extension activities**

Find out about exercise and fitness. Raise questions for future investigations, ie- does fitness make a difference?

### **Equipment we will provide:**

small skeleton  
dimensional man  
small torso  
electronic pulse meters  
stethoscopes  
clocks  
electronic pulse meters  
photocopyable worksheets

### **Subject skills / Desirable outcomes**

Number  
Shape, space & measure

### **Life skills**

Team working skills  
Communication skills  
A 'can-do' approach  
Investigation skills