Science - Summer 1 Week 3 - Home Learning

Session 2 - Answers

1. a stronger heart, more efficient lungs and the maintenance of a healthy body weight

2. alert

3. endorphins

4. 3

5. 3 from: basketball, volleyball football or netball, skateboarding, bike riding, rollerblading or hiking.

6. There must be something you’d enjoy or It’s not enough to do one long walk every two weeks (use of contractions and first-person address)

7. 60.7%

8. Basketball

9. Lillie

10. Sapna

11. 19

12. a) True b) false c) false

13. The higher the level of activity the more their heart rate went up (1 mark)

Evidence: all pupils’ heart rates were at their highest after vigorous basketball compared to the warm-up; data from the table to support this. (2 marks)