

Our Science Day

We did the experiment to show the effect of exercise on your heart rate. We showed them a powerpoint presentation about what we were going to do with them.

First of all we showed the 1st and 2nd class where they could find their pulse.



We then got the children to children to count how many times their can feel their pulse beat in one minute.



We then went outside and ran around the court.



Then we came back inside and got the children to count again their pulse rate for another minute.



The children were amazed to see that their pulse rate had increased after the exercise.



Thank you to 1st and 2nd for coming to our science show.