BODY MATH: All about Me & the Air I Breathe

My lungs breathe in fresh air to help my heart pump oxygen into my blood and through my body.

Draw a picture of me here

(Draw in my lungs, heart and veins.)

Body Math

1. Measure & Record

My age: _____

My height: ____feet/inches

My weight: ____ pounds

My sex: girl or boy

(Body Math Points "A") My Body Size :

Small, Medium, Large

1pt. 2pts. 3pts.

2. How much air I can breathe:

____Peak Flow ("PF")

(Use peak flow meter to measure how much air you can blow out fast.)

OR ____Total Volume ("TV")

(Take a very deep breath and blow up balloon with ALL the air in your lungs. Measure the circumference in inches or centimeters.)

How fast my heart beats:

___-resting pulse

___-working pulse

(Count pulse for 10 seconds before and after exercise.)

3. Body Conditioning

I exercise:

(3 pts) _____ LOTS (I'm an athlete)

(2 pts) _____ SOME (20 minutes; 2-3 times a week)

(1 pt) _____ A LITTLE (not much) **OR** I've been sick lately)

(Body Math Points "C")

Record & Add Body Math Points here:

Breath Points (PF or TV) =___;

Body Size (A) ____ + Conditioning (B) ____ - ____(C).

Make Group Graph: "C" *vs* "PF or TV" for all students in group/class.

Turn page over to compare and graph how much exercise we get, and how it can improve our body fitness.

BODY MATH: All about Me & Exercise

Exercise conditions my body to work better and pump blood and oxygen better.

Code Name or #: _____ ♡ ♡ ♡

Draw a star next to each exercise you like to do and record how many minutes you typically do it each day and week. Then; Add it all up and Graph the data.

Activity or Sport	# minutes/day	X	# times/week	=	Total
Sport (_____)	_____		_____		____
Running	_____		_____		____
Biking/Skateboarding	_____		_____		____
Walking	_____		_____		____
Weight Lifting	_____		_____		____
Stacking Wood	_____		_____		____
Household Chores	_____		_____		____
Other (_____)	_____		_____		____
_____	_____		_____		____

GRAND TOTAL (minutes per week) = ____

Divide class into small groups - each group making a different graph to share with the whole class.

Easy!

* Make a bar graph showing the Grand Total of minutes per week that each individual exercises. *(Use code names for graph ID.)*

Advanced Inquiry!

* Make line graphs showing the amount of time each student in your class exercises each week VS Working heart rate OR Lung volume OR Weight OR Other Variables.
* Describe & Compare Findings....*any interesting results*?