

## Investigate what happens to your pulse rate before, during and after exercise

Name	
Cub Pack	

**Write down your pulse in the spaces.**

My resting pulse was:

  
  

My pulse after exercise was:

  
  

My pulse after resting for two minutes was:

  
  

My pulse after resting for another two minutes was:

  
  

**Extras:**

When was your pulse the fastest?

  
  

Why do you think it was faster?

  
  

**If you have time try out different types of exercise and see which ones make your pulse the fastest.**

The exercise that made my pulse the fastest is:

# Darwin's scientific wordsearch

Name: ..... Date: .....

S	I	C	U	H	K	V	D	H	R	S	Z	A	I	O
Y	Z	L	E	H	H	L	K	R	N	U	A	H	F	J
S	E	E	D	C	Z	C	Q	Y	C	O	P	T	B	B
S	U	O	N	O	S	I	O	P	S	R	B	I	R	E
R	V	I	L	T	P	A	D	A	C	O	H	I	J	L
P	F	L	A	M	M	A	M	R	I	V	R	R	S	P
B	P	O	K	A	I	P	J	S	E	I	A	X	L	P
I	I	L	F	T	A	Q	U	G	N	N	I	G	O	A
V	N	N	A	V	L	P	X	T	T	R	N	D	T	E
C	T	V	O	T	E	B	L	F	I	A	F	Y	H	N
N	L	M	E	I	Y	A	N	B	S	C	O	R	U	I
A	I	L	I	R	T	P	R	Y	T	C	R	O	P	P
F	T	W	O	A	T	U	U	T	G	R	E	E	X	O
O	O	A	R	M	M	E	L	S	H	W	S	H	F	L
S	M	F	T	A	T	A	B	O	P	Q	T	T	L	I
S	X	U	F	I	D	V	L	R	V	O	U	O	Z	J
I	C	A	K	S	B	Y	U	L	A	E	I	A	H	V
L	I	E	Y	X	F	A	Z	N	X	T	Z	T	K	S
C	S	U	G	W	H	P	H	W	E	L	E	F	A	E
E	S	I	O	T	R	O	T	K	G	V	A	U	C	C

**ADAPT**

**CARNIVOROUS**

**DARWIN**

**EARTHQUAKE**

**EVOLUTION**

**FINCH**

**FOSSIL**

**HABITAT**

**INVERTEBRATE**

**LLAMA**

**MAMMAL**

**PINEAPPLE**

**PLATYPUS**

**POISONOUS**

**RAINFOREST**

**SCIENTIST**

**SEED**

**SLOTH**

**THEORY**

**TORTOISE**