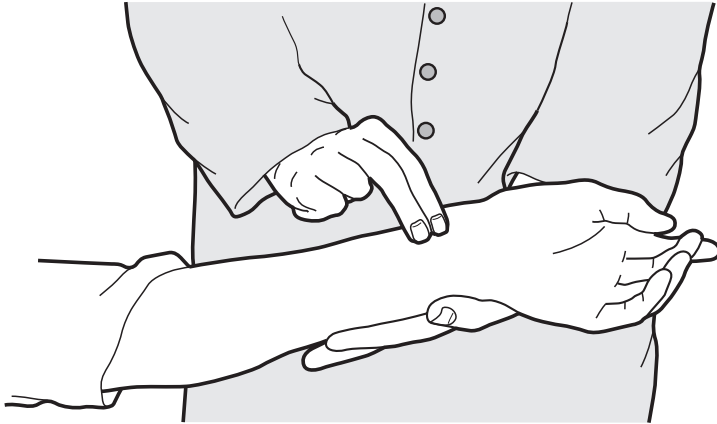


Measuring pulse rate



- 1 Sit quietly for a few minutes and then count your pulse beats for 30 seconds. Write the number of beats in the space below.

Number of pulse beats in 30 seconds = _____

Now work out your pulse rate in beats per minute (double the number of pulse beats in 30 seconds). Write your answer in the space below.

Pulse rate before exercise = _____ beats per minute

- 2 Now do some exercise and take your pulse again.

Number of pulse beats in 30 seconds = _____

Pulse rate after exercise = _____ beats per minute

- 3 Tick the box that says what happens to your pulse rate after exercise.

Goes down

Stays the same

Goes up

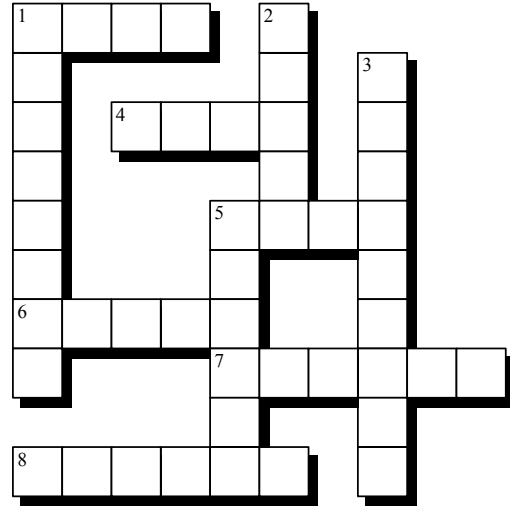
- 4 How does the change in your pulse rate after exercise compare with that of other members of your class? Complete this sentence.

For most people in my class, their pulse rate _____ after exercise.

1 A materials crossword

Clues across

- 1 When 5 across is placed in a _____, it goes hard.
- 4 Cotton wool is useful because it is _____ and absorbs water.
- 5 _____ is a soft material that pots are made from.
- 6 Materials for shopping bags must be strong and _____.
- 7 Before wool can be made into clothes it must be spun into a _____.
- 8 Steel is useful for making nails because it is very _____.



Clues down

- 1 Materials that are _____ bend easily.
- 2 Knives are made from _____ because it can be sharpened.
- 3 Shopping bags are made from _____ because it is a strong cheap plastic.
- 5 Warm clothes are often made from _____.

2 Make up some true sentences about materials using this table

Pans		metal		strong		strong
Clothes		glass		flexible		flexible
Books		plastic		hard		hard
Windows	are made	paper	because it	soft		soft
CDs	from	wood	is	cheap	and	cheap
Spoons		pottery		thin		thin
Chairs		cloth		transparent		transparent
				rigid		rigid