




Name: ..... Form: .....

Based on pages 22 and 23 of *Keeping healthy*


# Breathing


## Try this...

1. Ask a friend to put a tape measure round your chest when you have breathed out. How far is it round your chest when you breathe out?

Record the measurement here.  .....

2. Ask a friend to put a tape measure round your chest when you have breathed in. How far is it round your chest when you breathe in?

Record the measurement here.  .....

3. How much did your chest expand when you breathed in?  .....

4. How often do you breathe when you are resting? Plan an investigation to find out. On a separate piece of paper, make a table for your results.

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5. Show your plan to your teacher. If your teacher approves, try your investigation.

6. How often do you breathe after you have been running? Plan an investigation to find out. Make a table for your results.

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7. Show your plan to your teacher. If your teacher approves, try your investigation.

## Looking at the results.

8. What do the results show?

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