Focused Assessment of Science

**Topic:** Animals including humans

**Year 6**
Age 10-11

**Title:** Heart rate head stands

**Working Scientifically Focus Review:** draw conclusions

**Conceptual Knowledge Context**
Recognise the impact of exercise on the way their bodies function

---

**Example**

Children were asked to investigate pulse rates before and after a headstand. (They could use this as to make further predictions about other forms of exercise).

---

Children meeting the objective would be able to relate the heart rate after exercise to how hard the heart has to work during exercise.

*The child above (in their diagram and additional sentence) needs further support to explain their idea more clearly (that when upside down there is more of the body above the heart so the heart has to work harder against gravity).*

---

Example from St Mary's Primary School, Axminster