



Prize Winner

Scientific Inquiry

Year R-2

Charlotte Atkinson

Virginia Primary School



Science Inquiry by Charlotte Atkinson - Does Exercise make my body warm up?



What do you think will happen when you exercise? (hypothesis)

I will get hotter and more flexible

Where do you think your energy comes from? (theory)

From my hair, (giggling) wait from my food.

How are you going to test if you get hotter? (method)

Use a scanner (infra red thermometer) and see how hot I get

Do star jumps it is fun.

I will do star jumps and then see if I am hotter

Run on the spot too

****clarification written by mum***

An infra-red thermometer was set on Surface temperature readings, body temperature was not used as this probably won't vary as much as surface temperature.

Resting temperature was recorded before any exercise

Skin surface temperature was recorded after 100 star jumps

Time was given to recover between activities

Skin surface temperature was recorded after 40 seconds of running on the spot

What are we keeping the same each time we test your temperature?

We used the same monitor (infra red thermometer)

Take my temperature on my head

What are we doing differently each time we test your temperature?

Warming up, running or jumping

Is there anything we might need to be careful about when exercising?

If I get hurt.

Results

Test	Charli's Surface Temperature	Lambie (soft toy lamb)
Resting	27.1	21.4
After 100 star jumps	33.1	Lambie can't do star jumps
After running on the spot for 40 seconds	32.7	Or run on the spot

Did you get hotter after you exercised?

Yes

When were you hottest (which one had the biggest number)?

Star jumps

Why do you get hotter?

Because I get more flexible and I can do this (bends over backwards) and I can do the splits, our body is stretching.

What else can we find out about and test? What would you like to do next?

Test how flexible I am by doing the splits

I could do the monkey bars and swap arms and see how long I can hold on

Charli practicing typing

Rockford Barossa (copying the title on the wine bottle on the table, it's been a long afternoon 😊)

pop apple poopy

For more information you can watch Charli's video about her investigation here:

<https://www.youtube.com/watch?v=SOHyRbQrsIY>

Bibliography

Operation Ouch <https://www.youtube.com/watch?v=RPAien1dbEQ>

Science for Kids: Energy Transformations Video <https://www.youtube.com/watch?v=z8a-L1lkq3w>

2020 Oliphant Science Awards
Student Work - DO NOT COPY