
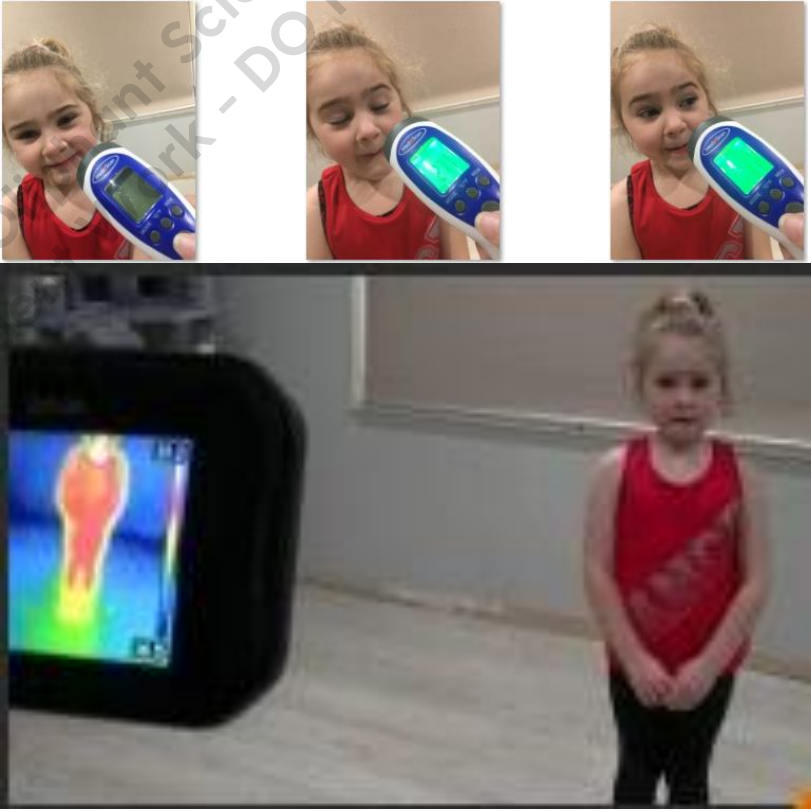




Date	Idea	Photo
17/05/2020	Found out about the OSA from my older sister and Mum	
20/05/2020	<p>Coming up with the idea</p> <p>I was not really sure what to do. I talked about ideas with my mum and we thought it would be fun to do something that has me moving and doing exercise. I like to do exercise</p>	
22/05/2020	<p>Research</p> <p>Mum helped me use the computer to find more out about energy. We watched some YouTube videos, Operation Ouch was my favourite. I learnt that we get our energy from food</p>	<p>Operation Ouch  <a href="https://www.youtube.com/watch?v=RPAien1dbEQ">https://www.youtube.com/watch?v=RPAien1dbEQ</a></p> <p>Science for Kids: Energy Transformations Video  <a href="https://www.youtube.com/watch?v=z8a-L1lkq3w">https://www.youtube.com/watch?v=z8a-L1lkq3w</a></p>

<p>22/05/2020</p>	<p>With Mum's help we decided to test if my body got hot when I exercised</p>	 <p><i>Movement Magic</i></p> <p>Charlotte Atkinson</p> <p>Does exercise make my body get hot?</p>
<p>13/06/2020</p>	<p>Testing For my test, I used a scanner (infra-red thermometer – set on surface temperature) to see how hot I was. Then I did lots of star jumps and scanned again to see if I was hotter. I tried it with running in one spot to see if I was hotter. It was fun I ate an apple to give me energy and drank water</p>	 <p>The image shows three sequential photos of Charlotte Atkinson using a blue and white infrared scanner. In the first photo, she is smiling and holding the scanner. In the second and third photos, she is looking at the scanner's display. Below these is a larger image showing a thermal scan of her body on a screen, with a color gradient from blue (cooler) to red (warmer) indicating temperature variations.</p>
<p>20/06/2020</p>	<p>Writing the report</p>	

	<p>After I did my test Mum helped me do writing on the computer. She asked me some questions and she wrote down what I told her and I got to do some writing to</p>	 
21/7/2020	Mum uploaded my project	

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