

How Fast Do You Breathe?

EXPERIMENT:

How fast do you breathe? Use a clock or a watch with a second hand. Do each job below. Then count the number of times you inhale in one minute. Start counting when the second hand is on the 12. Stop counting when it gets back to 12. Write the number on the line.

DO THESE JOBS	BREATHS PER MINUTE
Sit in a chair	_____
Do 10 jumping jacks	_____
Hop for one minute	_____

When you are sleeping, resting, or sitting you breathe _____. You
(fast / slowly)

_____ need much oxygen. When you exercise, you breathe
(do / don't)

_____. Your body needs all the oxygen you can give it!
(fast / slowly)

TIME A FRIEND: See if you breathe the same.

DO THESE JOBS	BREATHS PER MINUTE
Sit in a chair	_____
Do 10 jumping jacks	_____
Hop for one minute	_____

WHAT DID YOU LEARN?

1. Which job needed the **most** breaths? _____
2. Which job needed the **least** breaths? _____
3. Did you and your friend need the same number of breaths for each job? _____
4. Do all humans need the same amount of oxygen? _____