

**GCSE Homework**

**Scenario**

Warly is desperate to get fitter as his team have just won the semi-final and have the Final in only three weeks! Warly decides to track his Heart Rate during exercise to see if he can improve it. He gets his friend Finch, who is also in the team, to join him for a comparison.

Here is a graph to demonstrate their heart rates during exercise:

Heart Rate

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Recovery Time

Time

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Exercise Time

Question 1 – DESCRIBE the difference in heart rates of the two friends. (2 marks)

Question 2 – STATE why their heart rates have risen before exercise has taken started. (1 mark)

Question 3 – Warly’s cardiovascular system is more efficient than Finch’s. How will this benefit him during his performance in the final (you may relate this to a sport of your choice). (3 marks)

Question 4 – Looking at the graph, which TRAINING METHOD do you think Warly and Finch were using? (1 mark)

Question 5 – Rizzo used a different TRAINING METHOD, what is it? (1 mark)



Recovery Rates

**Scenario**

Warly and Rizzo recorded their heart rates after exercise to see who recovered quicker. Warly performed some Fartlek training and Rizzo undertook a Continuous session.

Heart Rate

Time

Question 1 - Why has Rizzo’s heart rate dropped quicker than his team mates? (1 mark)

Question 2 – What do you notice about the immediate effects of finishing exercise? (1 mark)

Question 3 – Why does Warly’s training method leave him with a higher heart rate at the start of recovery? (1mark)

Due Date: