Biology A · Unit 5 · Level 1

Exercise Lab



TODAY'S PLAN

- 👥 Jobs
- ⚠️ Safety
- 🌱 Steps
- ✅ Check
- 📝 Reflect

Get ready

Jobs



Timer

I watch the clock.



Counter

I count.



Color checker

I see yellow.



Recorder

I write it.

Safety

Be Safe



- 🥤 Blow out only!
- 🥽 Goggles on.
- 🏃 Move the way that is OK for me.
- 💧 Tell staff if I feel sick.

Steps

Steps 1 of 2



1. 🪑 **Rest**. Count breaths (staff helps).
2. ❤️ Feel my **heartbeat**.
3. 🏃 **Move** for 2 minutes.

Steps

Steps 2 of 2



1. ❤️ Count **again**. Faster?
2. 🟡 Watch BTB turn **yellow**.
3. 📝 Circle faster or slower.

🃏 Check 1 of 2



Blow in or out of the straw?

Point to the picture!

1️⃣ 😋 In

2️⃣ 😮‍💨 Out

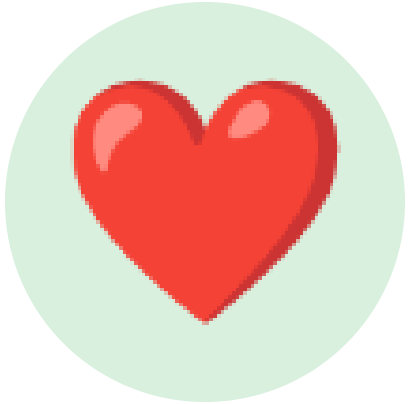
✅ Answer · Card 1 of 2



😮‍💨 Out

Always blow out.

🃏 Check 2 of 2



After moving, my heart is...

Point to the picture!

1️⃣ ⬆️ Faster

2️⃣ ⬇️ Slower



⬆️ Faster

Moving needs more energy.

Wrap-Up

Clean Up + Reflect



- 🥤 Straw in trash
- 🧼 Wash hands
- 😀 My check sheet