🏃 Exercise Lab · Prep Sheet

Biology A · Unit 5 · Level 2



Name: _____

👥 Job roles: circle your job. Initial when it is done.

Job	What you do	Done ✔️
⏱️ **Timer**	Times 30 seconds for counts and 2 minutes of exercise.	
❤️ **Counter**	Counts breaths or heartbeats (or uses a pulse sensor/watch).	
🟡 **Color checker**	Watches the BTB and says “yellow!” (staff may do the blowing).	
📝 **Recorder**	Writes the numbers in the table.	

🧰 Tools and supplies: check when you have it

- ☐ ⏱️ **Timer** 30 seconds and 2 minutes
- ☐ 🥤 **Straw** one per student, blow out only
- ☐ 🥽 **Goggles** BTB can sting eyes
- ☐ 📋 **Data table** on this card

⚠️ Safety and manners focus

🥤 Blow OUT through the straw. Never suck in. Do not drink BTB.

🥽 Goggles on. BTB can sting eyes.

🏃 Exercise only the way your IEP/504 and staff say is OK. Any move counts: arm circles, chair march, walking.

💧 Drink water after. Tell staff if you feel dizzy.

✅ Before you start

☐ Goggles on ☐ My straw ☐ My exercise is OK'd by staff