Lesson 3 can be used to allow your students to:

**Part 1** Upload the data from Experiment D to the ‘Live Data Zone’ section of the In the Zone website (www.getinthezone.org.uk). They can then compare their results to students’ data from across the UK.

**Part 2** Analyse, evaluate and consider the data collected from this group of experiments.

**Part 1** More details can be found on the ‘Live Data Zone’ section of the In the Zone website:
Enter data from Experiment D

- resting pulse rate
- pulse rate immediately after 2 minutes of aerobic exercise
- pulse rate at 1 minute intervals until recovery is complete.

In order to be able to accurately compare their results to other students across the UK, your students will also need to enter the data listed below:

- age
- gender
- asthmatic or not (optional)
- school postcode
- school year
- class, e.g. 13C (optional)
- physical activity level, in minutes of exercise per week
- type of sport(s) played regularly
- how fit they think they are in relation to their class.

Part 2  The Student sheet on pages 101–105 provides a series of questions analysing and evaluating their results from Experiments A–D. Answers are on pages 109–13. Alternatively, you may wish to analyse and evaluate the experiments through a more open-ended approach. Examples of this might be asking students to:

- Write a report for the coach of an Olympic or Paralympic athlete, outlining the findings of your research and how it might inform their training programme. Your report must include the results from your experiments and link these with the body's response to exercise. You should try to include information about class data and national data where you have this.

- Find an image of three different types of sport or activity. Label each image to illustrate how the person’s cardiovascular system changes during the exercise. You should relate these changes to evidence from your experiments.

- Choose three different types of sport or activity. Write a commentary through the event to describe how the cardiovascular system responds to the exercise. You should relate these changes to evidence from your experiments.

The Take it Further part of the In the Zone website and the accompanying PowerPoint suggest opportunities to extend the materials further (www.getinthezone.org.uk). You may also wish to explore further with your students the links to contemporary science and sports science – again, the PowerPoint will help with this, as well as the Knowledge Cards provided in the kit box.

If you would like to reward any of your students for effort or achievement in these experiments, then the In the Zone website (www.getinthezone.org.uk) has In the Zone Reward Certificates that you can download and customise for your students.