



## Design an Experiment, By Beth Mick

**Observation: Does small amounts of exercise increase overall fitness?**

Have students brainstorm for things that they will need to include:

Hypothesis

Materials

Procedure

Control

Independent Variable

Dependent Variable

Sources of Error

What type of exercise?

How are they going to collect Data?

How are they going to Assess fitness? – pulse,

How are we going to address classroom issues – being on task, unnecessary water breaks?

### **Teacher Issues:**

Time allotment from class

How long should experiment run?

Classroom issues – on task, unnecessary water breaks,