HANDS-ON EXPERIMENTS

FOR PRIMARY LUNG CAPACITY

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BIOLOGY Lung Capacity

CREST Star

When you breathe in the air around you, your lungs take in a useful gas called Oxygen, which is converted into the bloodstream ready to be taken around your body.

When you exercise your muscles require more oxygen therefore your lungs try to take in more air leaving you feeling out of breath.

Having a large air capacity in your lungs means more oxygen can move around your body at a faster rate.

The air capacity of lungs increases naturally as you grow up but can also be increased with regular exercise.

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Let's find out how much air your lungs can hold...

What you'll need…. A pair of lungs, lung volume bags, mouth piece, pen and paper.

1. Wrap the end of the lung volume bag around the outside of the mouth piece.

2. Take a long deep breath in, fill your lungs as much as you can and blow it all out into the bag.

3. Hold the top of the bag to stop any air escaping, then squeeze the air down until the bag is completely inflated.

4. The measurements on the outside will tell you how many litres of air your lungs can hold.

Repeat this test 3 times and record your results

Next, to find out if there is any relationship between size and lung capacity.

Line up in height order from smallest > tallest, then line up in order of lung capacity low > high and see how similar the order is.

VIDEOS FOR THIS RESOURCE AT:

INTRODUCTION:

Clickable Link:
https://youtu.be/2oSTGFMJkDc

CONCLUSION:

Clickable Link:
https://youtu.be/pEiElojlADk

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