

How does exercise effect our heart rate?



What do we think?



What are we measuring?



Our heart rate is the number of times our heart beats per minute.



We'll need to record our heart beats. How can we do this?

Taking a Pulse



We'll need to record our heart beats. How can we do this?

Count the number of times we can feel the pulse in 15 seconds and multiply by 4 to get beats per minute

How can we record the results?

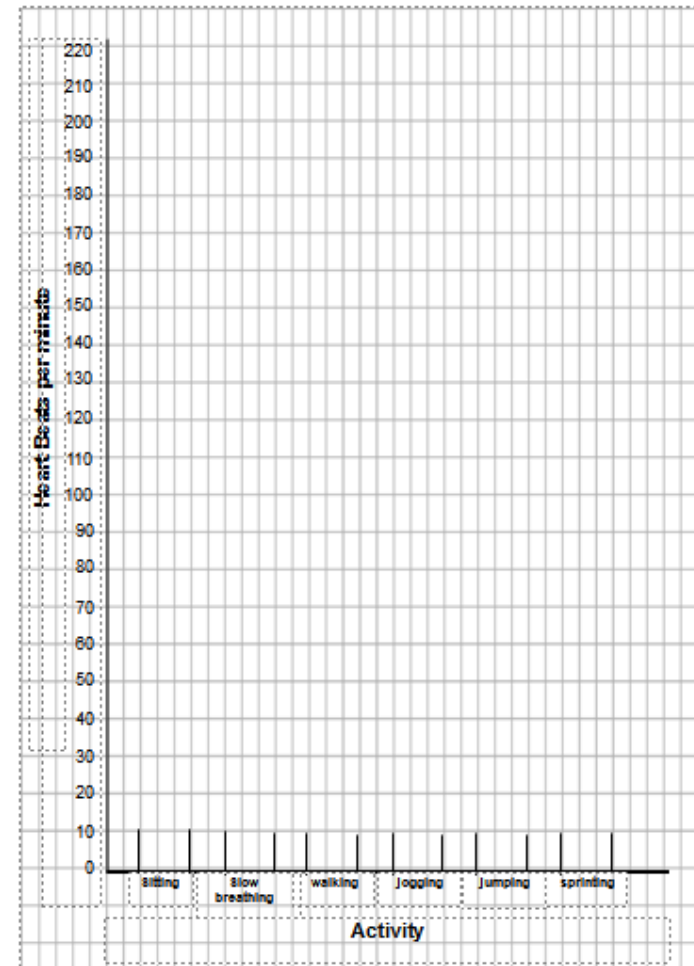


How can we record this information?

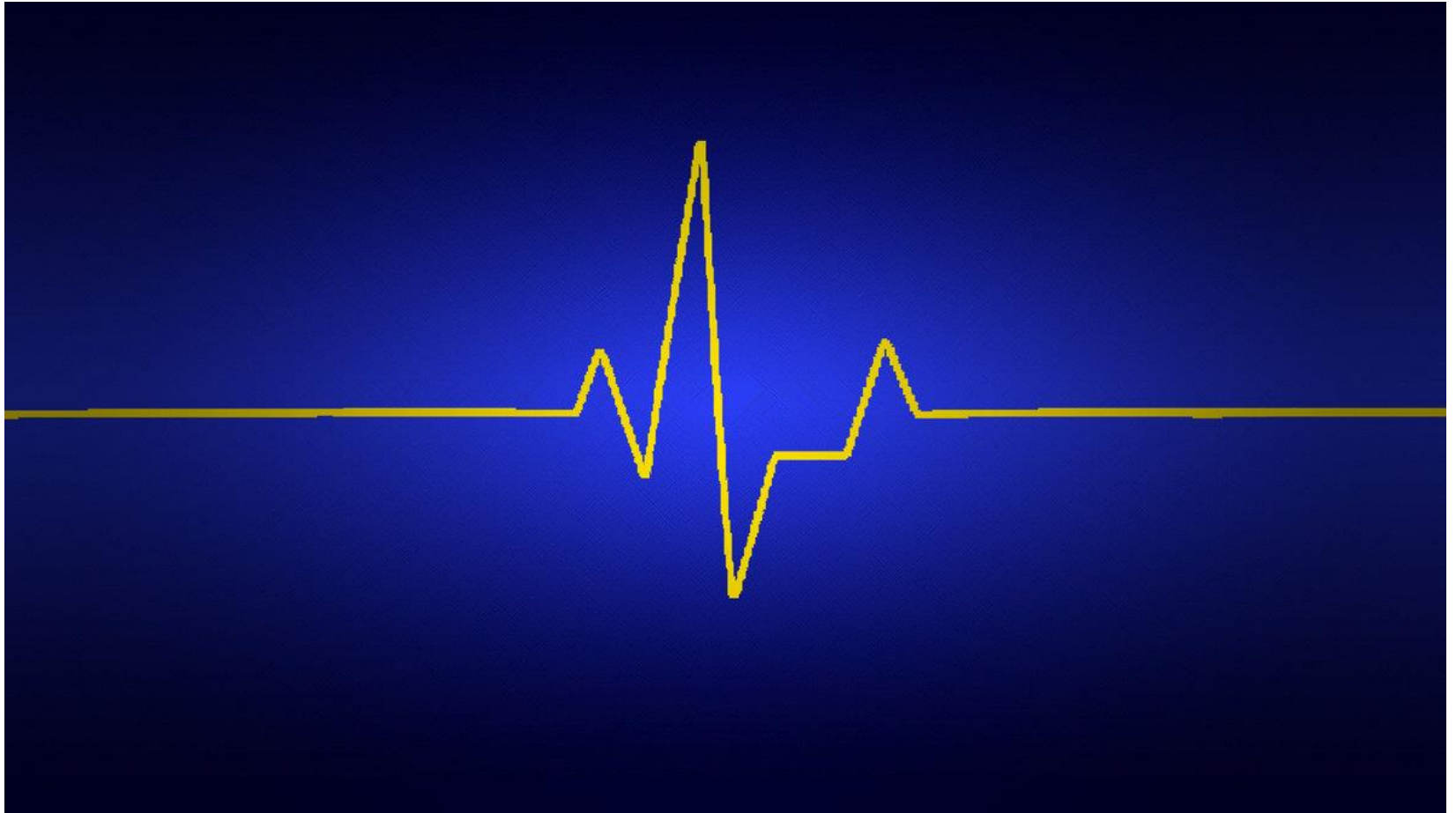


heart beats per
minute recording
sheet

Activity	Beats in 15 seconds	Beat per minute
Sitting		
Slow breathing		
Walking		
Jogging		
Jumping		
sprinting		



Let's get going!



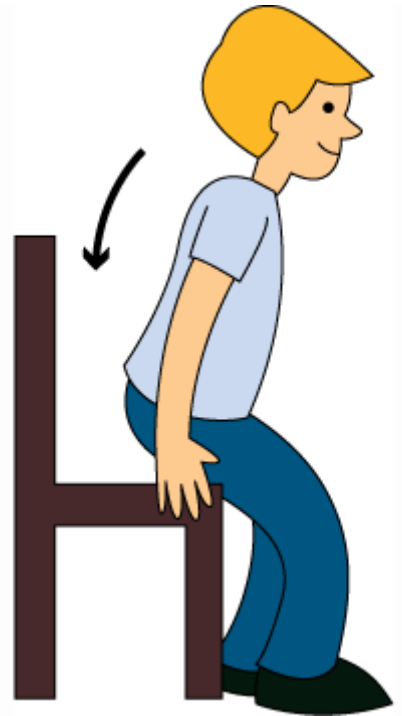
Activity 1

Stay sitting down.

Sit comfortably

Count your pulse for 15 seconds
from when I say 'go' to when I say
stop

Record the amount on the sheet

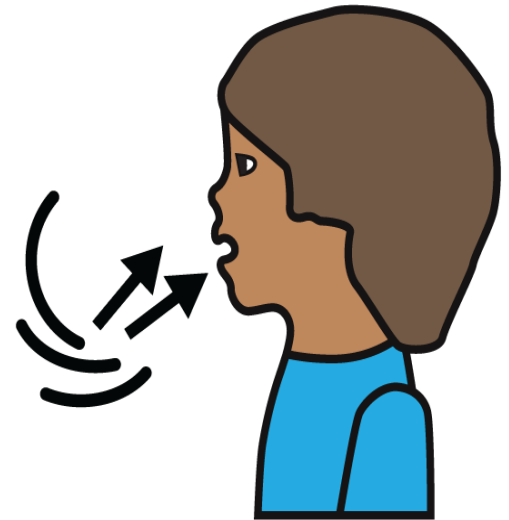


Activity 2

Slow your breathing down – breath in for 2 seconds, hold your breath for 2 seconds and breath out for 2 seconds

Count your pulse for 15 seconds from when I say 'go' to when I say stop

Record the amount on the sheet



Activity 3

Walk around the hall at a normal pace for 1 minute

Count your pulse for 15 seconds from when I say 'go' to when I say stop

Record the amount on the sheet



Activity 4

Jog around the hall for 1 minute

Count your pulse for 15 seconds
from when I say 'go' to when I say
stop

Record the amount on the sheet



Activity 5

Jump up and down for 1 minute

Count your pulse for 15 seconds
from when I say 'go' to when I say
stop

Record the amount on the sheet



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Activity 6

Sprint around the hall for 1 minute

Count your pulse for 15 seconds
from when I say 'go' to when I say
stop

Record the amount on the sheet



Are the results accurate?

