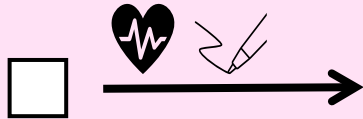


Thinking Frame: Pulse rate and exercise

1. Record your resting heart rate (before exercise).



- Find your pulse on your wrist using your fingers.
- Using a stopwatch, count your heartbeats in 30 seconds.
- Multiply by 2 for your bpm.

2. Run two laps of the playground and record heart rate straight away.



How does your pulse change after exercise?

	1.Before exercise	2. Just after exercise	3. After waiting 5 mins
My heart rate (bpm)			
Partner's heart rate (bpm)			

4. Discuss with your partner - what you notice?



Key vocabulary

Heart rate (what you measure)

Pulse (what you feel)

Bpm: Beats per minute

Increased

Decreased

3. After 5 minutes rest, record your heart rate again.

