heart beats per minute recording sheet

Count your pulse for 10 seconds and then multiply this by 6 to see how many times your heart beats in a minute. Complete each activity and then straight after doing the activity for 1 minute immediately check your pulse. Count how many times you can feel it beat in 10 seconds and then multiply this to see how many times your heartbeat per minute. I wonder how your heart rate will change when you do different activities!!

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| --- | --- | --- |
| **Activity** | **Beats in 10 seconds** | **Beat per minute (multiply the beats in 10 secs by 6)** |
| Sitting |  |  |
| Slow breathing |  |  |
| Walking |  |  |
| Jogging |  |  |
| Jumping |  |  |
| sprinting |  |  |

Once you have completed the recording sheet:

1. What activity made your heart race the most?
2. What activity made your heart race the least?
3. Can you research and explain why our heart race increases when we do exercise?

