



HANDS-ON EXPERIMENTS

FOR PRIMARY
YOUR HEART RATE

anturus

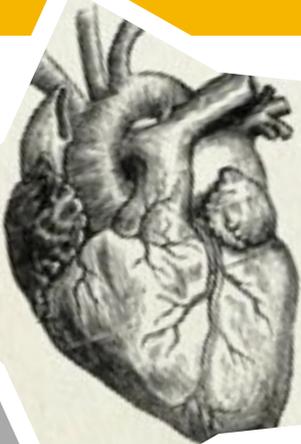
BIOLOGY Heart Rate



When we exercise we see some noticeable changes in our body. We get hotter, find it harder to breathe and our muscles begin to ache. The reason for this is all to do with what is going on inside our bodies.



Your heart keeps everything else working. It is made of muscle and pumps blood around your body via blood vessels.



When the heart pumps, it beats - we can measure the heartbeat via the pulse which is easily found on your wrist and neck.

This experiment will help you to understand what happens to your heart when you exercise.



The Experiment

What you'll need... Your body, a stop watch, pen, and some energy.

Firstly you need to take your resting heart rate. This is the amount of times your heart beats in one minute.

You can then perform each of the following activities continuously for one minute. Straight after each activity take your heart rate, and then again 3 minutes later.

My resting heart rate is

beats per minute

Activity – for 1 minute	Heart rate straight after exercise	Heart rate 3 minutes after exercise
Walking around		
Running on the spot		
Jumping Jacks		

During exercise your heart will pump more blood to the muscles to keep them moving.

By how much did your heart rate increase straight after exercise?

As your body begins to rest, your heart will start to slow down.

By how much did your heart rate decrease after resting for 3 minutes?

Why do you think your muscles need more blood pumped to them during exercise?

VIDEOS FOR THIS RESOURCE AT:

INTRODUCTION:



Clickable Link:

<https://youtu.be/Tru02SeJAJg>

CONCLUSION:



Clickable Link:

https://youtu.be/yRtX_pCFyh4

