

Heart Rate

Heart rate, also known as **pulse**, is the number of times a person's **heart beats** per minute.

Follow the instructions below on how to take your heart rate.

Put your hand on your heart so you can feel the beating (like the picture below). Once you can feel your heartbeat count the number of beats in 1 minute. You might need an adult to help you.





How many beats do you think your heart will beat in 1 minute? _____

Can you now take your heart rate before you do the exercise? This is called your resting heart rate.

Resting heart rate: _____



Complete the table below and see what happens to your heart rate.

Activities	Heart Rate after activity
1 minute jog 	
20 star jumps 	
30 seconds hopping 	
30 seconds skipping 	

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Challenge:

Can you write a sentence about what happened to your heart rate after you exercised?
