



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 you 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.

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.	1/3/
Resting heart rate:	

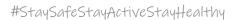
Complete the table below and see what happens to your heart rate.

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













Challenge:

exercised?		





