

Science Investigation

What happens to your heart rate after exercise?

Your heart rate is the number of times your heart beats in a minute.

You might be able to find your pulse on your wrist.

Try to count how many times it beats after different activities.

If you count for 15 seconds, you can multiply it by 4 to find out how many beats there are in a minute.

Measure your heart rate before you try any of the activities so that you can compare the changes.

Possible activities:

-Sitting up and down on a chair

-Jogging on the spot

-Jumping on the spot

-Walking up and down stairs

- Arm raises

How could you record your results?

Which activity made your heart rate increase the most?