

Heart Rate Investigation

Try and carry out the following investigation and then record your results in the table below. It may be helpful if you can get an adult to help you, however if you can't, just try your best on your own!

1. Take your resting heart rate (remember count the number of beats in 20 seconds and then multiply this by 3 to get your beats per minute).
2. Try not to pause too long between each stage of the investigation from now on!
3. Then do some **gentle** exercise – try walking quite slowly around your house or garden for **2 minutes**. Then take your heart rate.
4. Next try some **moderate** exercise – try jogging **really slowly** around your garden for **2 minutes (don't go mad and run really quickly!!)**. Then take your heart rate.
5. Next try some **vigorous exercise** – try running around your garden as fast as you can for **2 minutes (or as long as you can!)**. Then take your heart rate.
6. Now sit down and relax and take your heart every minute until it has returned to your resting heart rate.
7. Record all your results in the table below.
8. Make a note of any other physical sensations you experienced. How fast were you breathing? Were you feeling hot or sweaty? Anything else you may have noted? And record this in the table.

Exercise	Beats in 20 secs	Beats per minute (x3)	Other physical sensations you noted
Rest			
Gentle Exercise (2 mins)			
Moderate Exercise (2 mins)			
Vigorous Exercise (2 mins – if poss)			
Recovery 1 minute			
Recovery 2 minutes			
Recovery 3 minutes			
Recovery 4 minutes			
Recovery 5 minutes			

Now have a look at your results and have a little think:

- What is happening around your body and why?
- How might you present your results?

We will discuss this on Friday!