

A healthy heart

Watch the video to learn how your heart works:

<https://www.bbc.co.uk/teach/class-clips-video/science-ks2-how-our-circulatory-system-keeps-us-alive/zhf76v4>

We are going to find out how exercise effects our heart beat rate.



First you need to be able to find your pulse. You can find you pulse in two places on your wrist or your neck. The pictures show you how to do it.

Once you are able to find your pulse we need to find out how many times your heart beats in a minute when you are sat still and calm. You can then write the number in the table on the next page.



Complete this table and answer the questions below:

Activity	Heart beats per minute
Siting still and calm	
Walk around the room 4 times	
After 20 star jumps	
*Insert your own exercise here *	

When was your heart beat the slowest?

When was your heart beat the fastest? Why do you think your heart beat was faster doing this activity?