

Science question: How will my heart survive?

What can you remember about the circulatory system? What does it do? How does it work? Talk to an adult about what you already know.



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What is your resting pulse rate? Try to measure how many times your heart beats in a minute. How do you think your pulse will change when you are exercising? What do you think your heart rate might be when you have jumped twenty star jumps? What about after you had run around the garden ten times? At school we will be investigating our heart rates after exercise.



Record your resting pulse rate and then make predictions about what your heart rate will be when you have done some exercise and how long it will take your pulse to get back to normal. Now complete some exercise (e.g. running for 3 minutes) and record your pulse rate every minute until you get back to your resting pulse rate. Record your results in a table. Can you use the data to create a bar graph or line graph?