Investigating what effect different activities have on our heart rate

Question: What happens to your heartbeat when you do different activities?

Prediction: (what do you think will happen to your heartbeat)

Results:

Your heartbeat is counted by how many beats per minute (bpm). Use the table below to calculate your heartbeat after doing each activity for a minute:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity** |  | **Beats per 10 second** | **x6** | **Beats per minute** |
| Rest |  |  |   |  |
| Jog |  |  |  |  |
| Star Jumps |  |  |  |  |
| Run |  |  |  |  |

Conclusion (what have you found / noticed)