



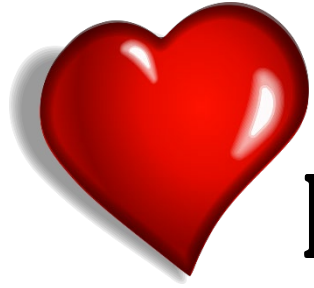
Exercise and Heart Rate

How to take your pulse “Heart Rate” and what it means.

Physical Education Enrichment Lesson



Students, thanks for taking the time to check out this activity. Hopefully by the time you finish you will be able to take your pulse and find out how exercise affects your heart rate!



First Things First – Heart Facts

Most of the time, you're probably unaware of your heart's Activity –

Did you Know?

Your Heart Beats over *100,000 beats per day,*

or over *35 million beats per year*

And over *3 billion beats in an average lifetime.*

The **heart** is the key organ in the **circulatory system**. As a hollow, muscular pump, its main function is to propel blood throughout the body.. As you move, your body demands more energy and thus you begin to breathe harder and faster and your heart begins to pump harder and faster.

Click this Link to see how your heart works!

<https://safeshare.tv/x/ss5807c6fce5077#v>



How To Take you Pulse (*Pulse is the beating of your heart)

- There are a couple ways to take your pulse. Let's give it a try. See if you can feel the thumping on your fingers – try it on your neck and then on your wrist!
- 1. Carotid artery: on neck between throat and muscle, use soft touch, one side only, use 2-3 fingers, not the thumb.



- 2. Wrist: underside, thumb side next to tendons on wrist.



- Video: Check out the following to practice taking your pulse
- <https://video.link/w/a7Kud>
- Students who do not have internet access can use this print out to find their pulse and perform the activities as noted.

Resting Heart Rate : Beats per minute

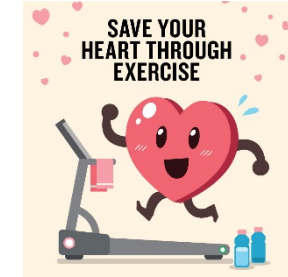


In the previous slide you had a chance to feel your pulse. Now we can figure out your resting Heart Rate: Your resting heart rate is the amount of times your heart beats in one minute while you are at rest.

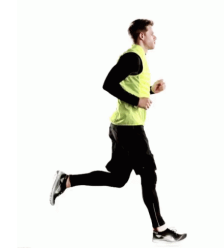


- To start place 2 fingers “Lightly” on the side of your throat or on your wrist. When you feel the “pulse”, count how many times it beats in 15 seconds. Multiply this number (times by 4) and it tells you how many times your heart beats in “one Minute”.
- What is your “resting” heart rate? _____
- In general your resting heart rate numbers may range from 60-80 beats per minute (bpm) for youth, but this depends on the individual.
- What do you think happens to your pulse rate when you exercise?

Exercise and Your Heart Rate



- Click here to see what happens to your heart when you begin to exercise! <https://video.link/w/YKA4>



- **Let's get ready to move!**
- Now that we have a good idea of how our heart works and how to take our pulse we will try a little experiment. Let's get ready to do a little exercise and test what we have learned today.
- Remember to dress appropriately for movement and water is always a good idea
- Before beginning our next activity please remember to **warm-up**
- A **Warm-Up** should prepare your body for exercise by increasing your heart rate, raising your body temperature and warming up your muscles. Depending on your space here are some suggestions: jogging in place, jumping jacks, dynamic stretches...
- After our activity you may want to **Cool Down** if necessary – bring your heart rate down, return your body to its pre-exercise state (resting state), and stretch.

Time to Move!

- Earlier we said that your heart rate and breathing changes during exercise. Let's try some activity and see how our heart rate is affected by exercise and movement.
- **Modifications:** If you cannot go outside or have difficulty doing a walking or jogging activity you can modify your activity. For instance, if you are in a boot or a wheel chair etc. you can do upper body activities for 10 minutes to increase your heart rate. Find an activity that would raise your heart rate.
- After you have done your warm-up find a safe place to do a brisk walk or jog. If you are unable to exercise outside you can walk or jog in place while watching the tv etc.
- After you have done your 10 minute walk / jog do a pulse check and see what your heart rate is. As a reminder, here is another link to see how to check your pulse.
- <https://video.link/w/ZdB4>

PHYSICAL ACTIVITIES	HEART RATE
1. Walking briskly or slow jogging for 10 minutes	

- What happened to your heart rate while you were exercising? What would happen if you sprinted or did a high intensity activity?

Congratulations on Your Achievement!

You are Awesome!



Way to go Champ!

- Great job! Today you learned about the heart and its function.
- You also learned how to take a pulse and find your heart rate.
- Remember that when you exercise your body demands more from your heart.
- Stay tuned. We will be learning how to calculate our target heart rate and how exercising in the target heart rate zone can benefit your body.