

## Lesson 3

## The Heart: Feeling Your Pulse

living-things

**What you need:** Investigation Journal page · stopwatch**Words to use**

Heart · Pulse

**Our question**

Does your pulse beat faster after a minute of star-jumps?

I predict...because...

**Some of our pulses before and after star-jumps (in beats in 15s)**

Resting	After star-jumps

**Draw a bar chart of our results****Which bars are taller, resting or after star-jumps?**


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**Hands up if your own after-number was bigger than your resting number.**


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Lesson 3

What does that tell us about the heart when we move?

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