

The heart: feeling your pulse

living-things

What you need: stopwatch · clear floor space for star-jumps or marching on the spot

Words to use

Pulse · Heart · Resting pulse · Healthy heart habits

Our question

What happens to your pulse after one minute of star-jumps?

I predict...because...

Our pulse counts

When we counted	Beats counted

What we found out

Did you find a throb under your fingers?