## Day 1 Science Y5/6

You are going to experiment with your pulse!

You will need a timer and the record sheet (you may print this one out or draw one of your own).

## The experiment:

## My Heart

Science Experiment

## Method

- Sit in the book corner quietly, then put your hand on your chest and listen carefully to your heart.
- 2. Start the timer and count how many heartbeats you feel in 20 seconds.
- Walk slowly around a room, or in an outside area.
- Stand still and start the timer and count how many heartbeats you feel in 20 seconds.
- Stand still and start the timer and jog for 1 minute in an outside area.
- Stand still and start the timer and count how many heartbeats you feel in 20 seconds.

Activity	Beats per 20 seconds	Heart rate (beats per 20s x 3)
Resting		
Walking		
Jogging		
	I	l.

You may a	dd extra activities to record your heart rate too!	
Findings: Write a paragraph to describe and explain your findings.		