

## 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

1. 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.
3. Walk slowly around a room, or in an outside area.
4. Stand still and start the timer and count how many heartbeats you feel in 20 seconds.
5. Stand still and start the timer and jog for 1 minute in an outside area.
6. Stand still and start the timer and count how many heartbeats you feel in 20 seconds.

