



Which exercise makes our heart work hardest?

Complete each exercise for 2 minutes and then measure your heart beat for one minute.

Get your partner to time on a stop watch.

Exercise	Heart beats per minute
sitting	
walking	
star jumping	
running	
crawling	

Which exercise made you feel the most out of breath?

Which exercise made you the least out of breath?

Which exercise made your heart work the hardest?

Explain how you know.

