



EduTrend Contents

W4C · FITNESS AND CONDITIONING · PRIMARY

My Heart at Work

Measure your pulse before, during and after exercise

Ages 8–11

Level: Developing

60 minutes

Pairs · up to 30

Activity 02

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 02 · AT A GLANCE

My Heart at Work

Pupils learn where to find a pulse and how to count beats for 15 seconds and multiply by four. They measure resting heart rate, then after walking, jogging and sprinting, and during recovery, plot a line graph and explain why heart rate changes.

Learning outcomes

By the end of the session pupils can:

- find and count a pulse accurately;
- measure heart rate at rest and after exercise;
- present results in a table and graph;
- explain why heart rate rises and recovers.

KEY WORDS

pulse · heart rate · beats per minute · resting · recovery · oxygen · intensity · graph

CURRICULUM LINKS

Science: the circulatory system.
Maths: multiplication and line graphs. PE: health and fitness.

1**WARM UP**

Raise and mobilise

2**LEARN**

Fitness idea

3**WORK**

Exercise or test

4**MEASURE**

Heart rate, score, effort

5**REFLECT**

What did we learn?

6**COOL DOWN**

Recover and stretch

Equipment (per pair)

- Stopwatch or timer
- Recording sheet
- Cones for a jogging loop
- Heart rate monitors if available
- Worksheets 1, 2 and 3

Before the session

- Practise finding a pulse at the wrist and neck.
- Mark a jogging loop.
- Prepare recording sheets and graph axes.
- Plan activities of rising intensity.

SAFETY

Press gently to find a pulse. Warm up before running. Pupils with heart or breathing conditions follow their care plans.

ACTIVITY 02 · SESSION PLAN

Step by step

Practise counting pulses at rest first: accurate counting is harder than it looks.

Time	What happens	Say or ask
0–10 min Hook	Listen to a heartbeat recording; feel your own.	<i>“Why does your heart beat?”</i>
10–20 min Find the pulse	Practise at wrist and neck; count for 15 seconds and multiply by 4.	<i>“What is your resting heart rate?”</i>
20–40 min Test	Measure after walking, jogging and sprinting, with rest between.	<i>“Which made your heart beat fastest?”</i>
40–50 min Recovery	Measure every minute for three minutes after sprinting.	<i>“How quickly did it come down?”</i>
50–60 min Graph	Plot results and explain.	<i>“What pattern does the graph show?”</i>

CHALLENGE CARD (print or copy onto the board)

Measure your heart rate at rest, after three activities and during recovery, draw a graph and explain the pattern.

ACTIVITY 02 · FACILITATOR NOTES

The exercise science in brief

Your pulse is the stretch of an artery each time your heart pumps blood. You can feel it at your wrist or the side of your neck. Heart rate is measured in beats per minute: count for 15 seconds and multiply by four.

During exercise, muscles need more oxygen and energy, so the heart beats faster to pump more blood. After exercise, heart rate gradually returns towards resting rate; fitter people usually recover faster. Children's resting heart rates are typically higher than adults'.

Common ideas to listen for

- "Your heart only works during exercise." It beats all the time.
- "A high heart rate during exercise is dangerous." It is a normal response.
- "Everyone has the same heart rate." Heart rates vary between people.

Adapting the activity

Support

Use heart rate monitors or count with a partner's help.

Stretch

Compare recovery times between different activities and explain differences.

WORKSHEET 1

Heart rate results

Name: _____

Class: _____ Date: _____

Record your heart rate.

Results

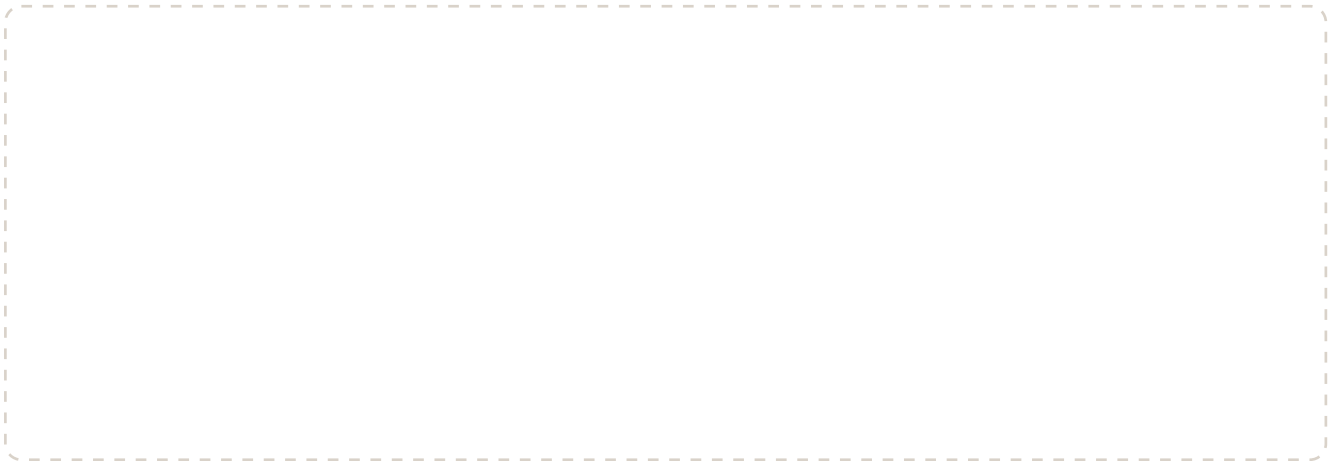
Activity	Beats in 15 s	Beats per minute
Resting		
After walking		
After jogging		
After sprinting		
1 min recovery		
2 min recovery		
3 min recovery		

WORKSHEET 2

My heart rate graph

Plot your results.

Graph



Draw a line graph: activity or time along the bottom, beats per minute up the side.

WORKSHEET 3

Explain it

Explain your results.

Why my heart rate went up

What happened during recovery

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Counts pulse accurately	Records and graphs data	Explains heart rate changes

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

My Heart at Work is a sample activity from the EduTrend Contents W4C Fitness and Conditioning programme (primary, level: developing). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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