

What Makes your Heart Beat?

Resting Heart Rate: **Student takes and records**
(Beats per Minute)

Activity

Students record the activities they try
(they should be specific like 20 jumping
jacks or 20 seconds laying down)

Heart Rate (BPM)

Students record their corresponding
heart rate here for each activity

*They can use a friend or watch
the clock to determine when 60
seconds is up.

Name:

Conclusions What did you find?

I found out that fast-paced or high energy activities make my heart rate increase and low energy activities make my heart rate decrease. I think this is different then what makes a lizard's heart rate increase because they have different body structures and circulatory systems than humans.

Name: