# Pulse

## Approach: Team

*Resources:* Stop watch; timer's instructions; results sheet.

### *Questions/instructions*

### Presented orally.

In this activity you are going to work as a team. In the activity you will be finding out the effect exercise has on your pulse rate.

First of all, I want each of you to try to find your own pulse. Good places to try are your wrist or your neck. Try to find your pulse now. Ask me for help if you can't find it.

Now we will do a practice count of pulses. I will time you for 30 seconds. Get ready to count your pulse from when I say "start".

## After 30 seconds:

Stop now. Tell the others in your group how many pulses you counted in 30 seconds.

### Select one person in the group to be the timer.

[Name] is going to be the timer in the next part of the activity. [Name] will give you your instructions from the card. You will count your pulse, then write it on the chart each time. Let's see what the instructions are that [name] will give then you can start.

## The Timer's Instructions for the Team

- Get ready to count your pulse for 30 seconds when I say "start".
  Stop counting when I say "stop".
- 2. Write your number of "pulses" on the chart.
- 3. Now get ready to do some hard exercise, jumping up and down on the spot for 1 minute. Wait until I say "start".
- 4. Now count your pulse for 30 seconds when I say "start".
- 5. Write your number of "pulses" on the chart.
- Now get ready to do some more hard exercise, jumping up and down on the spot for 1 minute. Wait until I say "start".
- 7. Now count your pulse again for 30 seconds when I say "start".
- 8. Write your number of "pulses" on the chart.

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### Level: Year 8 & year 4