**Heart Rate Experiment: What happens to your heart rate during physical activity?**

After you have completed 60 seconds of each activity, take your heart rate (either by counting your heart rate for 60 seconds, or count for 10 seconds a multiply it by 6).

Prediction: What do you think will happen to your heart rate with exercise?

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|  | **Heart rate after exercise**  **(beats per minute)** |
| **Resting** |  |
| **Jogging** |  |
| **Push ups** |  |
| **Star jump** |  |
| **Resting** |  |

Conclusion:

What happens to our heart rate with exercise?

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What happens when we rest?

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Which exercise made your heart rate increase the most? Why?

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