

I BIKE

RAISE YOUR HEART RATE



30 MINUTES



TIMER, PENCIL, PAPER

Raise Your Heart Rate



Aim: Learn about your heart and discover what activities you can do at home to raise your heart rate and keep it healthy.

Information: One thing that you can do to keep your heart healthy is to make it beat faster for around 60 minutes each day.

Your heart is about the size of a pear and it sits in the middle of your chest just to the left.

The walls of your heart are made of very strong muscles that pump blood all around your body.

Your blood carries all of your oxygen, food, vitamins and minerals that your body needs to move, think, grow and repair itself.

At the same time your blood also takes the waste from your body to your lungs, kidneys and liver.

To find out how fast your heart is beating you need to take your pulse. There are two simple ways to do this.

Instructions: How to take your pulse

1. Take two fingers of your left hand and gently push them against the side of your Adam's Apple (the lump on the front of your neck under your mouth).
2. Turn your hand sideways with the thumb at the top. Place two fingers below them thumb onto your wrist.

Use a timer to count how many beats you feel in 30 seconds and then multiply by 2 to get the number in 1 minute.

This is your pulse.

If you cannot find your pulse after a few tries, ask an adult to help you.



Enjoy this activity? Use #stayhomestayactive and tag us @SustransScot on [Facebook](#) and [Twitter](#).

Make sure you get permission first!

Funded by Scottish Government and delivered by Sustrans in partnership with local authorities, I Bike promotes cycling, walking and scooting in schools. I Bike encourages exercise and reduces congestion by empowering teachers, parents and pupils to travel actively, safely and confidently to school.

Find out more at www.ibike.sustrans.org.uk

**Activity Instructions:**

Do each of the activities in the table below one at a time. When you finish each activity, take your pulse and write it in the table.

Take a 1 minute break between each activity to let your heart rest.

You can add your own activities in the blank spaces.



| ACTIVITY | PULSE |
|-------------------------------------|-------|
| STANDING ON ONE LEG FOR 1 MINUTE | |
| SITTING STILL FOR 1 MINUTE | |
| DOING STAR JUMPS FOR 1 MINUTE | |
| SITTING PLAYING A GAME FOR 1 MINUTE | |
| RUNNING ON THE SPOT FOR 1 MINUTE | |
| LYING DOWN FOR 1 MINUTE | |
| DOING PRESS UPS FOR 1 MINUTE | |
| STANDING STILL FOR 1 MINUTE | |
| HOPPING ON THE SPOT FOR 1 MINUTE | |
| DOING FORWARD ROLLS FOR 1 MINUTE | |
| | |
| | |

Compare the results. Which activities made your heart beat fastest? Try and do the five activities that raise your heart rate the most every day.

Extension: Make a poster or a graph to display your results.

Find out more about how the heart works.

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