

Big Pedal 2021

Be a heart detective



About the heart

Your heart is a very strong muscle. It pumps blood containing oxygen around your body, to every part of you.

It's super important that we all keep our hearts healthy. This can be done by doing activities that make our heartbeat faster.

How to measure your heartbeat

Your heartbeat is also known as your pulse. You can feel your pulse by placing two fingers on the left side of your neck.

To measure how many times your heart beats in one minute. Sit down quietly.

Use a timer to count how many beats you feel in 15 seconds. Multiply this by 4. Eg: 19 beats in 15 seconds x 4 = 76.

This will give you how many heartbeats you have in a minute while you are resting, also known as your resting heartbeat.

[Watch the video: How to feel your heartbeat](#)

Instructions

1. Measure your resting heartbeat. Record this number.
2. Choose an activity that will get your heart racing. Do this activity for a minute, as fast as you can.
3. Now measure your heartbeat - you should see a big difference. Record your heartbeat again.
4. Make sure your heartbeat has come right back down to your resting rate before trying another activity.
5. Repeat the steps and measure your heartbeat against some of the activities below.



What you'll need:

A timer

Pen and paper

Fun fact



Your heart is roughly the size of your closed fist

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Here are a few to get you started:

| Activity | Heartbeat |
|-----------------------------------------------------------------|-----------|
| Sitting quietly (this will be your resting heartbeat) | |
| Jumping for one minute | |
| Skipping for one minute | |
| Running on the spot for one minute | |
| Scooting for one minute | |
| Cycling for one minute | |
| Handstand for one minute | |

What other activities can you think of to get your heart racing? Make your own list and measure your heartbeat against each activity.

Expansion

Get other people in your house involved

Why don't you get other members of your household involved and measure their heartbeat?

Who has the fastest heartbeat? Who has the slowest?

Can you find out more fun facts about hearts?

What animal has the fastest heartbeat? How many hearts does an octopus have?