# Check Your John Pulse

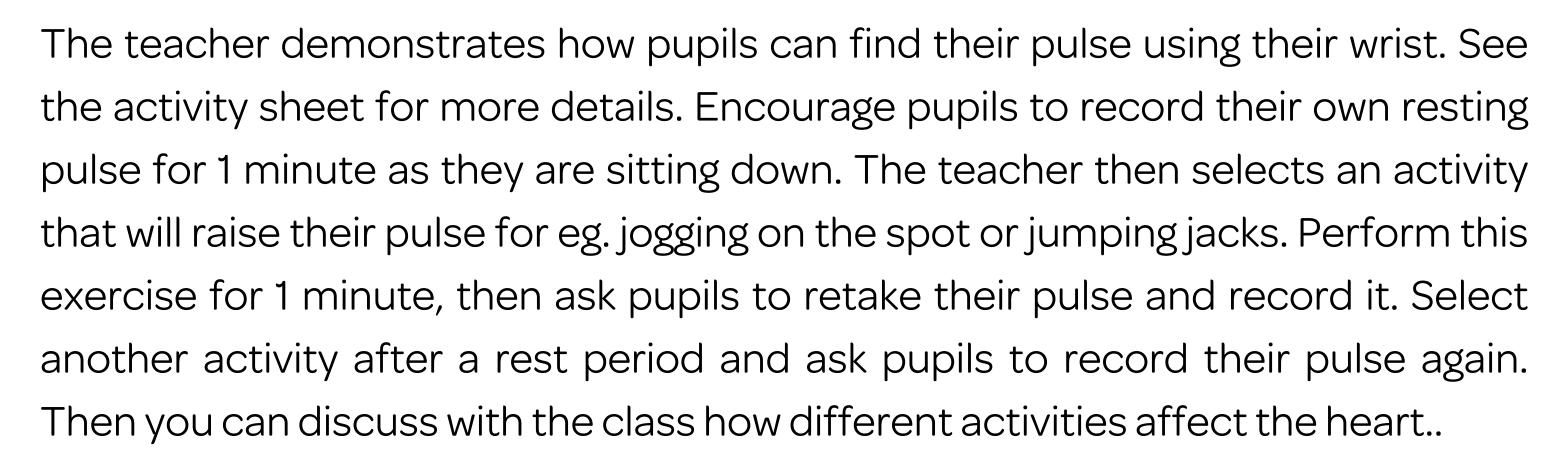


**Cardio Booster** 



2-5 minutes





### Health & Safety

- Ensure ground is clear before taking part in any activity
- Remind pupils of their own spatial awareness
- Give clear instructions
- If any pupils feel unwell ensure they tell you

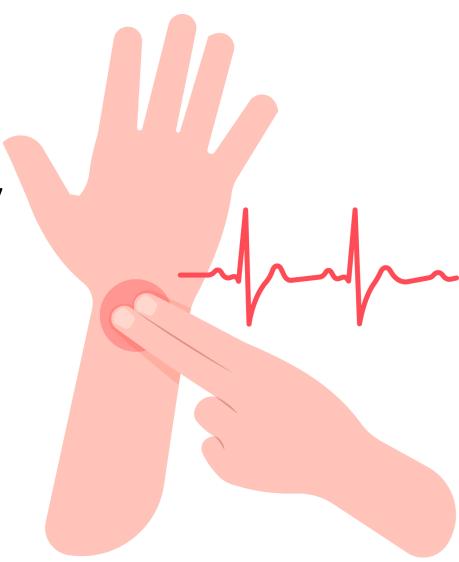
#### **Teacher Tips**

This activity is suited to all ages.

Foundation: instead of looking for their pulse ask your pupils if they can feel their heart beat with their hand on their chest as they are sitting then select

and exercise to do for 30s then ask pupils to feel their hearts after.

Discuss if it is faster and why?



## Check Your Pulse

Demonstrate to pupils how to find their pulse either using their wrist or their neck. See steps below. For foundation pupils ask them to put their hand on the left side of their chest and see if they can feel their hearts beat. KS1 & KS2 measure resting heart rate for 1 minute, then choose an exercise for 1 minute and measure heart rate again. Repeat for anothet exercise and discuss your findings.

#### **Radial Pulse**

- 1. Place two fingers (index and middle) on the inside of your wrist, below the base of your thumb. You should feel a pulsing sensation under your fingers.
- 2. Do this for 1 minute while seated and write down the number of beats per minute.

Resting Pulse	After Exericse 1	After Exercise 2

Example recording sheet for pupils





