

# Check Your Pulse



**Cardio Booster**



**2-5 minutes**



## Instructions

The teacher demonstrates how pupils can find their pulse using their wrist. See the activity sheet for more details. Encourage pupils to record their own resting pulse for 1 minute as they are sitting down. The teacher then selects an activity that will raise their pulse for eg. jogging on the spot or jumping jacks. Perform this exercise for 1 minute, then ask pupils to retake their pulse and record it. Select another activity after a rest period and ask pupils to record their pulse again. Then you can discuss with the class how different activities affect the heart..

## 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?



**Chest  
Heart &  
Stroke**

# 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 another 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

