**What happens to the rate at which our hearts beat when we perform different exercises?**

Show your child the line graph below. Ask them to try and explain what they think each of the children might have been doing during the playtime**.**

**heart beats per minute**

* **Observation – How many times does your heat beat every minute?**

Using a home-made stethoscope (a cardboard tube), listen to each other’s hearts. Count how many heart beats are there in 30 seconds. Double this to find out how many beats per minute.

* **Pattern-seeking – Is there a relationship between the type of exercise that you do and the number of heart beats per minute?**

Plan your own investigation. You can decide upon the types of exercises that you will do, how you will measure the number of beats, and how to record results. This is a great opportunity for you to record your results using a line graph. Remember to identify some key science words that will help you to explain what happened.