






LO: To be able to understand that exercise makes the heart work harder and is an essential part of a healthy lifestyle. 04.02.2021



## How many beats per minute can I feel?



What was the exercise?	How did I feel? Warm? Thirsty? Out of breath?	How many beats per minute could I count?	I did this activity again and my heartbeat was...
My resting heartbeat (when I was just sitting down)	 adjectives: _____ _____		
	 adjectives: _____ _____		
	 adjectives: _____ _____		
	 adjectives: _____ _____		
	 adjectives: _____ _____		