Heartbeat Activity

All vertebrate animals have hearts but not all hearts beat at the same rate. In this months activity students will learn how to calculate our own heart rate and compare it to the heart beat of other animals. Use the attached sheet to fill in and calculate the averages of resting vs. jumping.

Steps:

1. Tell students that we will be counting our heart rate in beats per minute. This will be completed by counting for 20 seconds and then multiplying your result by 3. (20 x 3= 60seconds=1minute)
2. Teach students how to feel their heart beat by placing two fingers on the side of their neck below their chin bone. Have them practice.
3. Get a timer ready for 20 seconds and have students count until you tell them to stop.
4. Repeat this process up to 3 times and have them average the number if they are able
5. Then have students jump in place for 30 seconds
6. Then start the timer again and have them count their heart rate in the same manner
7. Discuss why the number of beats have have increased after jumping.
8. Then watch Comparison: Animal Heartbeats video

Pueblo ZOO

Empower. Engage. Conserve.

	Resting heart rate	Jumping heart rate
1	x 3 =	x 3 =
2	x 3 =	x 3 =
3	x 3 =	x 3 =
Average =		Average =

	Resting heart rate	Jumping heart rate
1	x 3 =	x 3 =
2	x 3 =	x 3 =
3	x 3 =	x 3 =
Average =		Average =

	Resting heart rate	Jumping heart rate
1	x 3 =	x 3 =
2	x 3 =	x 3 =
3	x 3 =	x 3 =
Average =		Average =