

1) Predict which of the activities will make your heart beat faster,

slower or the same. Record your predictions.

2) Now do each activity for one minute.

Then stop and feel your heart beating again. Record your results.

3) Choose one more activity and repeat.

Activity	Prediction Will your heart beat faster, slower or the same?	Result Did your heart beat faster, slower or the same?
Running 		
Reading a book 		
Star jumps 		