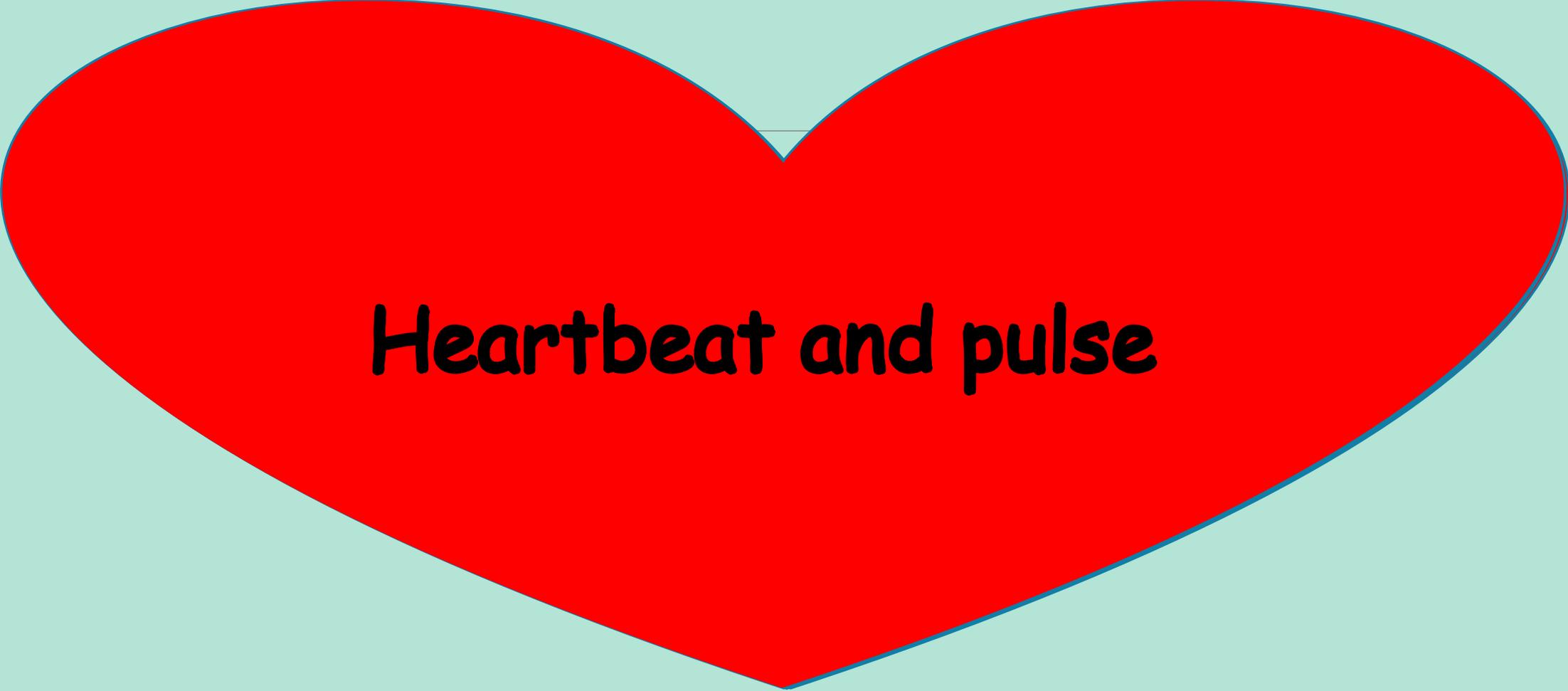


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21st Century Schools



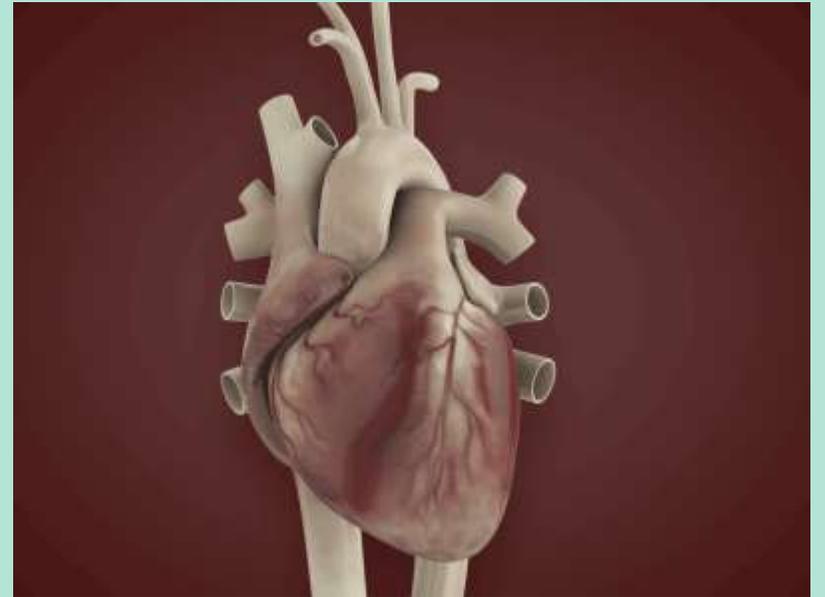
Hello!



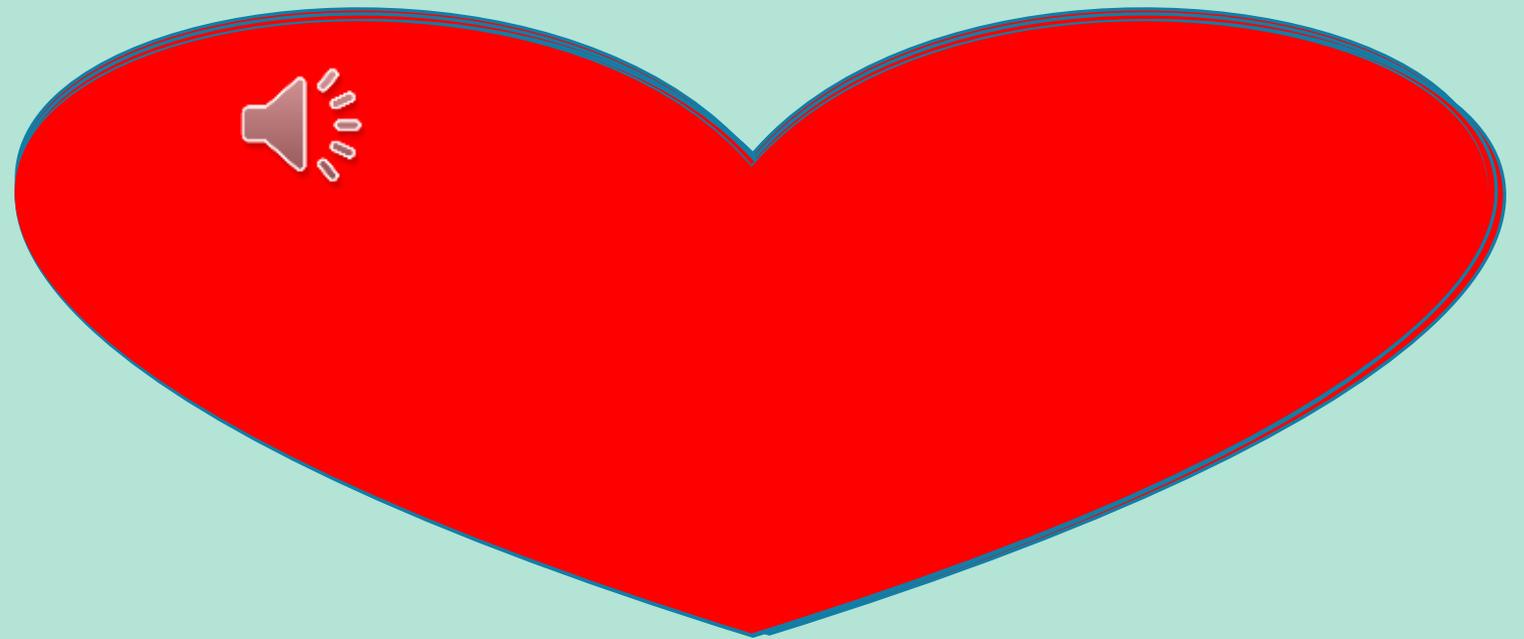
Heartbeat and pulse

How many times does your heart beat?

Does it depend on your age?



Your heart beats about 90 times a minute. When you are grown up it will beat about 70 times a minute.



When you run around, your body needs a lot more food and oxygen. The more active you are, the more often your heart needs to beat to supply enough food and oxygen from the blood.



How to count your heart beat

You can count your heartbeats by feeling your pulse.

Your pulse is caused by the **pressure** of the blood as the heart pumps it to the rest of the body.



Two good places to find your pulse are on side of your neck and the inside of your wrist.

Pulse measurement in the wrist



ADAM





Exercise makes your
heart beat faster.

You will know you've found your pulse when you feel a small beat under your skin. Each beat is caused by the squeezing of your heart muscle.



What you have learnt

-  You can count your heartbeats by feeling your pulse.
-  Your pulse feels like a  small beat under the skin.
-  Your pulse rate increases when you exercise.



gooooo-bye