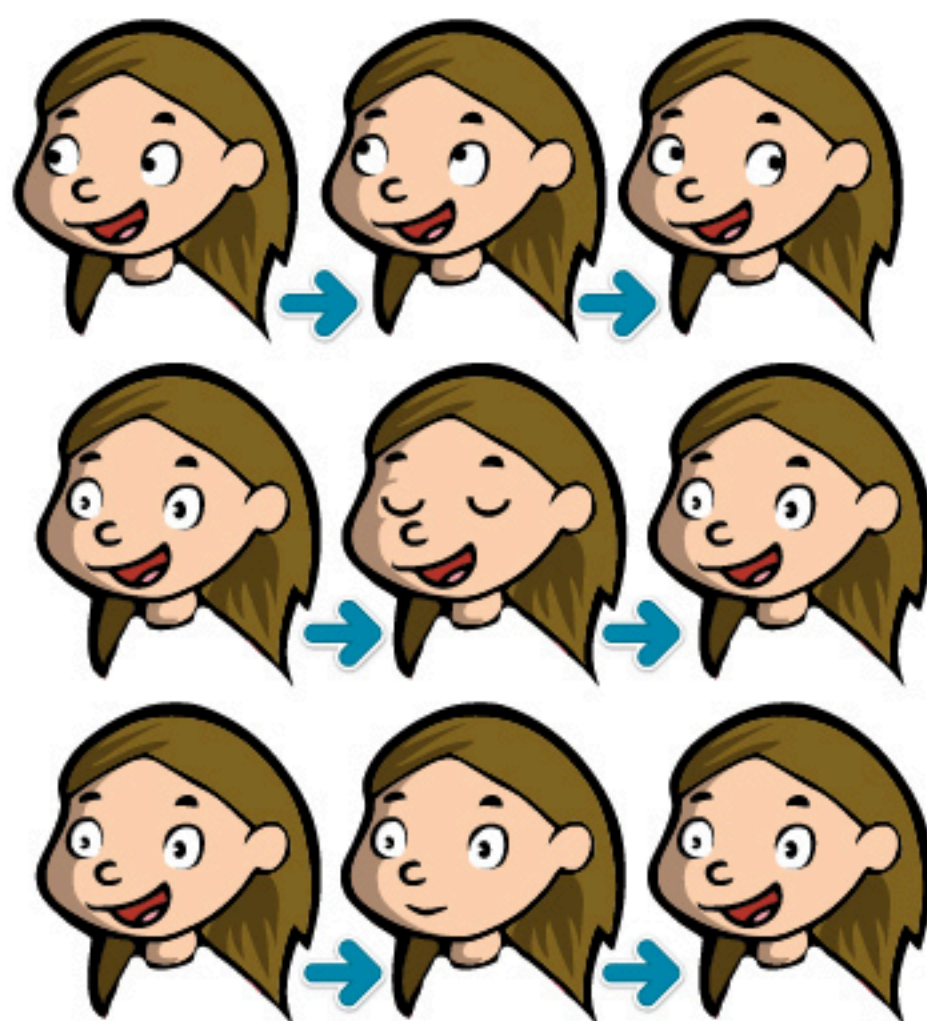




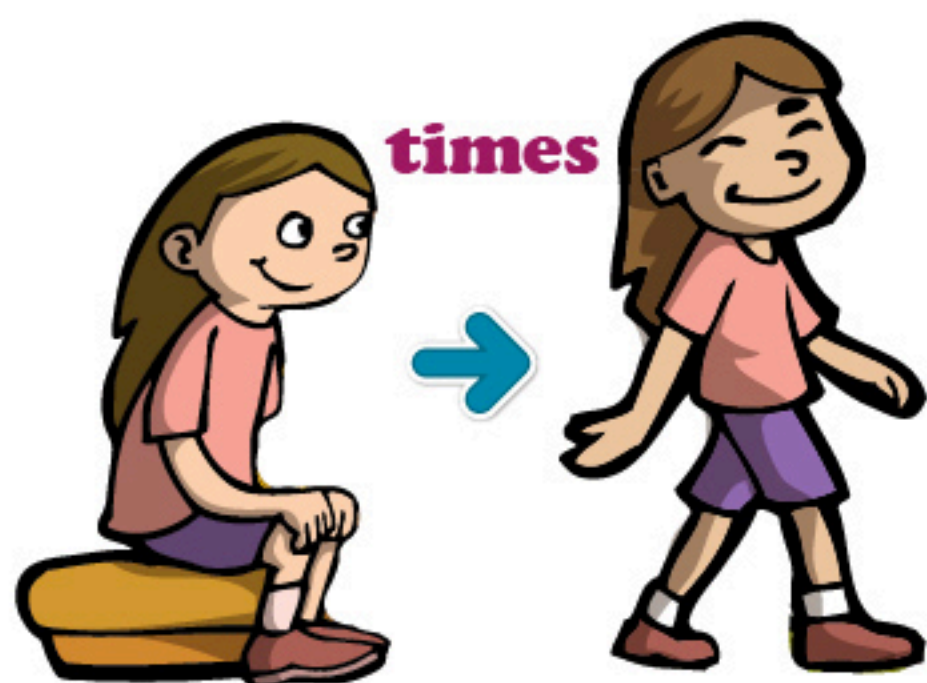
# LET'S PUT YOUR **HEART** TO THE **TEST!**



Roll your eyes,  
blink your eyes,  
and open and  
close your mouth  
for  
**2<sup>1</sup>/<sub>2</sub>**  
minutes

**Heartbeats**

**Sit and get up**



**Heartbeats**



**Move your arms  
up and down.**

**10  
times**

**Heartbeats**

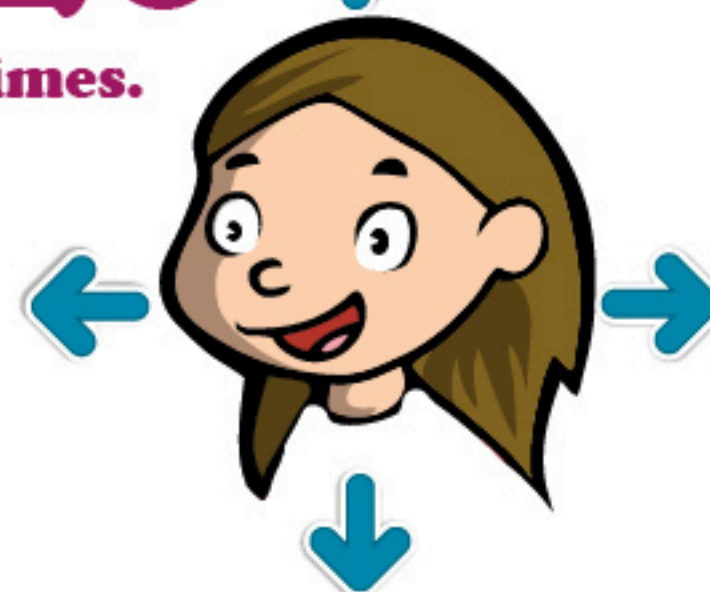


Skip for  
**100**  
jumps

**Heartbeats**

Move your head up,  
down, left and right

**20** ↑  
times.



**Heartbeats**

**After lunch  
break**



**Heartbeats**

After which activity did you record the highest number of heart beats?  
After which activity did you record the lowest number of heart beats?  
What did you learn by doing this little experiment?

