Literacy

Compare
Contrast
Justify
Appropriate
Adequate

Name

Literacy practice

Explain one of the literacy words.

Main Task

1. Measure your resting heart rate for one minute. Use the images to help you find your pulse.

REMEMBER – Resting heart rate is the rate your heart beats at before doing any exercise

Resting Heart rate= B/P/M

2. Run on the spot or complete any other exercise for one minute

3. As soon as the exercise s complete, find your pulse again and measure your heart rate for 1 minute

Working heart rate= B/P/M

Stretch!

Can you describe what has happened to your heart rate?

Can you explain why this has happened to your heart rate?