

Fizzy's Heart Beaters

Lesson 1: A change of heart

Today we will investigate how our heart rate changes with exercise. We will also collect data by measuring.





From: Fizzy

Subject: Help!

Hello, it's Fizzy here!

I need your help! I'm trying to find out more about exercise and the heart, and I am looking for people to help me investigate. I heard that your class are great at science. Can they help me?

Anyone who takes part becomes a member of Fizzy's Heart Beaters' Club, so why not give it a go?

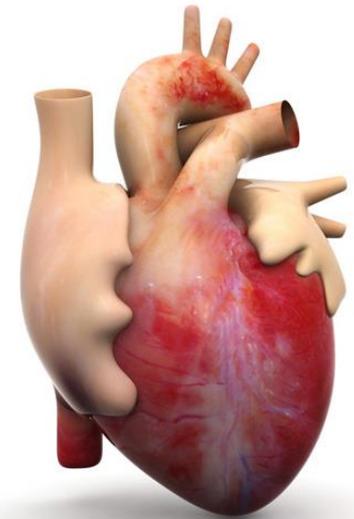
To find out more, look at the next 4 slides then read my next email.

Thanks!

Fizzy

Heart Fact File

- Your heart pumps blood around your body.
- Your heart beats about 100 000 times a day.
- You have about 5 litres of blood.
- When you grow up, all your blood vessels put together will be more than 96 000 km long.
- Your heart weighs about 250g.



Equipment for measuring pulse/heart rate.



This is how you use a stethoscope:



1. Carefully, place the earpieces in your ears.



2. Hold the stethoscope to the left of your chest and listen. Count how many heart beats you hear in 60 seconds.



3. Clean the earpieces with a Stethoscope Germ Buster wipe.

How to measure your own pulse.

Click on the link to try the Pulse interactive and find out how to measure your own pulse rate!

<http://www.getinthezone.org.uk/schools/ages-4-11/ages-9-11/game-the-pulse/>



From: Fizzy

Subject: Effects of exercise.

Hello everyone!

Now that you have found out a bit more about the heart and how to measure heart rate, do you think you can help me to answer some questions?

I would like to find out:

- What happens to our bodies when we exercise?
- What happens to our heart rate when we exercise?

Thanks for your help, and good luck!

Fizzy

This PowerPoint supports the investigations within the In the Zone Heart Beaters unit for ages 9-11.

In the Zone is the Wellcome Trust's major UK initiative inspired by the 2012 Olympic and Paralympic Games. It has been awarded the London 2012 Inspire Mark and is part of Get Set +, the official London 2012 education programme.

For more information about In the Zone, comics and online activities such as
The Pulse interactive, go to:

www.getinthezone.org.uk

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