



LENScience I Love My Heart

WORKSHEET 1

Heart facts

The structure was first identified in 1706 by a French anatomy professor
Your heart is pump and beats 100,000 times a day
A 70 year olds heart has beaten 2.5 billion times
The adult heart pumps 5 litres of blood each minute
Your system of blood vessels would go around the Earth more than twice

The Beat Goes On



Place your palm onto the desk in front of you.
Open and close your palm as fast as you can for one minute
Keep count of how many times you can do this

TOTAL : _____

What organ does your fist represent? _____

Did your hand get tired? _____

NOW LETS MEASURE YOUR HEART BEAT!

Find your pulse by resting your forefinger firmly on the side of your wrist. Follow from the base of the thumb to the wrist.
Once you have found it – count the number of beats in 30 seconds.

My **resting heart rate** in 30 seconds is.
(multiply by 2)

Therefore my **resting heart rate** in one minute is.



Now do 20 star jumps

My ***heart rate after*** exercise is now _____
beats in 30 seconds.

Therefore beats in one minute.

This is my heart rate when exercising.



Why does the heart have to beat faster when exercising?

The heart is a muscle. What do you think happens to it if you are very fit and exercise a lot?

How can I make my heart muscle stronger ?

