# PE:Heart Rate 



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## Question 1

## Did my heart get faster or

 slower when I evercise?> WMT?

## Question 1: My Answer

Comparing from not exercising and exercising, exercising was a little bit faster. I think it will be faster because when we exercise we need more oxygen then we normally do so the heart needs to beat faster to have oxygen.

## Question 2

Which activity made my heart beat faster?

WHT?

## restion 2: My Answer

arlon Id sitting \& standing from the chair and umping jacks, jumping jacks was faster.I think this happened because when we do jumping jacks we will move more and use energy so we need nore oxygen for it so the heart needs to work arder than when sitting and standing.

