

PE: Heart Rate



By. Sayako Yamana

Question 1

Did my heart get faster or slower when I exercise?

WHY?

Question 2

Which activity made my heart beat faster?

WHY?

Question 2: My Answer

When I did sitting & standing from the chair and jumping 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 more oxygen for it so the heart needs to work harder than when sitting and standing.