

Beavers Health and Fitness Badge

Monitor Heartbeat Before And After Completing A Range Of Different Physical Activities And
Understand The Reasons For Change

My Heart Rate[©]

By Samantha Eagle

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Overview

For this task the Beavers will learn where to find their pulse, how to monitor their heart beat and what it all means.

Preparation Before The Meeting

1. Print out the 'Heart Beat' handout – found in this document – you need one for each team of 2
2. Print out the blank 'Heart Rate' table – found in this document – you need one for each child there are 7 sets on the page

Materials Needed

- Pen or pencil for each child
- See handouts above

Directions/Leader Speak

1. **Speak** - The next task you need to complete for your 'Health and Fitness' badge is to monitor your heartbeat before and after doing some exercise. Before we do this let's go through this handout
2. **Action** - Give the handout to each team of two and read through it to explain each part. But when you get to the part in the handout about 'where is your pulse' get the children to actually try this. Go round and help them
3. **Action** - Give the blank 'Heart Rate' table to each child and something to write with
4. **Direction** - Once they've found their pulse choose which method you think will be the easiest for your group to monitor their hear beat (the wrist or the neck)
5. **Direction** - Now let them know you are going to start your stopwatch and time them for 30 seconds. Before you start you want them to find their pulse and get ready. Tell them when you start your clock they must count the beats they can feel then stop counting when you say stop. Get them to immediately write the number of beats on their table underneath the 'resting heart rate' column
6. **Direction** - Let them know that you want to find out their heartbeat per minute but they only counted for half a minute so they must now double that figure. So if they counted 40 their heartbeat per minute would be 80
7. **Direction** - Then explain that this is their **resting heart rate**. And that now you are going to get them to run around the room fast four times (more if your room is tiny) then you will start your stop watch again to time their **exercise heart rate** which they will write under the '**exercise heart rate**' column
8. **Direction** - Then after 5 minutes they will time their heart beat again and write this number under the 'Rest After Exercise Heart Rate' column. Remember that each number needs to be multiplied by 2 because you only timed them for 30 seconds. Get them to compare their numbers. Explain that the middle number should be the highest because they had just stopped their exercise.
9. **Direction** - And that if the last number went down quickly to match the first number then this shows that they are nice and fit.

Monitor Heartbeat

Your heart is a pump which pumps blood out around your body through your arteries.



Exercise gets your heart pumping faster, this strengthens your heart. The fitter you are, the quicker your heart rate returns to normal.

The Heart rate for...



...an adult is around 70 beats per minute



...a child is around 80 beats per minute



... a baby is around 110 beats per minute



... an elephant is around 30 beats per minute



... a mouse is around 500 beats per minute

Where is your pulse...

You can find your pulse in several places. But the two easiest places are in your neck and on your wrist.

How to find your pulse on your neck...

Put three fingers of your left hand to the right of the centre of your neck and just under your jaw. You should feel your pulse beating. If you can't feel it move your fingers a little higher until you can.



How to find your pulse on your wrist...

Place your index and middle fingers on your wrist, at the base of your thumb. Your fingers should sit between the bone on the edge of your wrist and the stringy tendon attached to your thumb (as shown in the image). You may need to move your fingers around a little to find the pulse. Keep firm pressure on your wrist with your fingers in order to feel your pulse.



Resting Heart Rate	Exercise Heart Rate	Rest After Exercise Heart Rate



Resting Heart Rate	Exercise Heart Rate	Rest After Exercise Heart Rate



Resting Heart Rate	Exercise Heart Rate	Rest After Exercise Heart Rate



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