

# Mission: Fitness

To help school staff deliver a fun activity, teaching children what happens to the heart rate before, during and after activity.

 15-20 minutes



## Tools required:

Heart rate recorder sheets for each pupil. One column per pupil.



## Special Agent Action:

Provide a copy of the activity card for teachers.  
Provide a heart rate recorder for each pupil.



## Undercover:

Encourage pupils to be active by doing The Daily Mile during curriculum time and encouraging them to keep active during breaks.  
Children should aim for 60 minutes-a-day of physical activity.  
Help pupils to take their pulse to see if it is beating fast when being active.



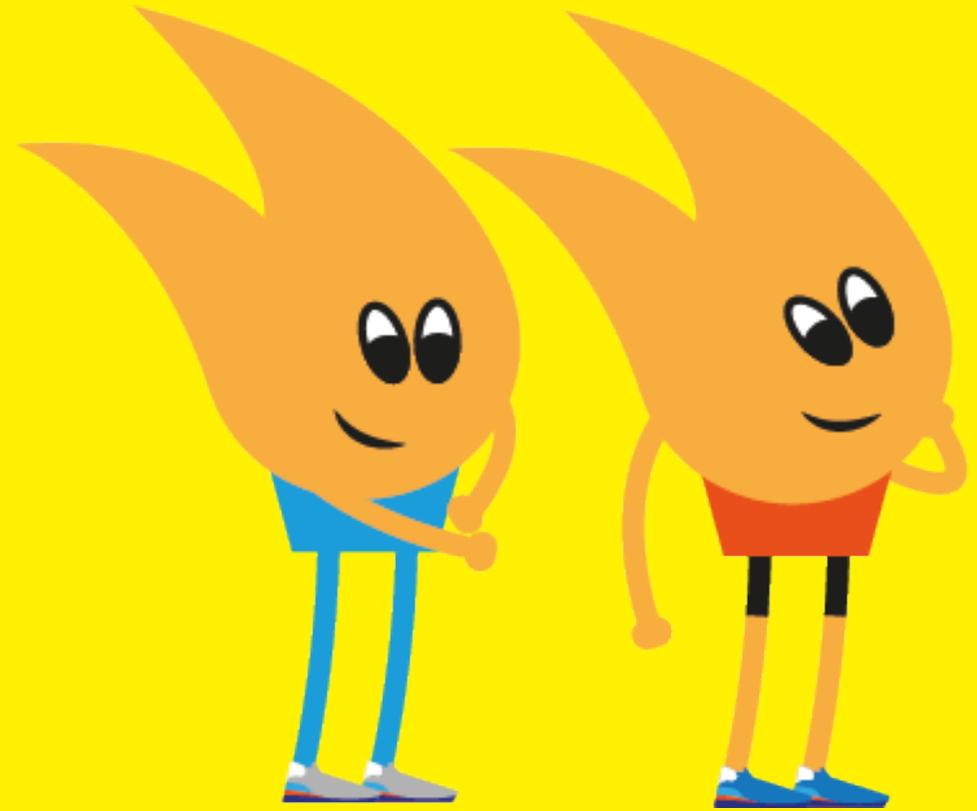
## Support Team Members:

Organise The Daily Mile for all pupils to take part alongside other fun activities (see Mission: Movement activity card).

# Heart Rate Monitoring Activity

**Teach pupils how to take their pulse, either on their wrist or their neck with 2-4 fingers not thumbs.**

- Provide each pupil with a heart rate recorder sheet (four hearts in total)
- When sitting and rested help pupils to take their pulse counting from zero. Time for six seconds.
- The pupils then write the beats counted on the first heart shape on their heart rate recorder and add a zero on the end to show beats per minute (BPM)
- Next ask pupils to walk around briskly for 2-3 minutes, swinging arms and striding out (or marching on the spot if space is limited, swing arms and high knees)
- Repeat taking the pulse again counting from zero, time for six seconds, pupils write on next heart shape recorder and add a zero onto the end to show BPM
- Next ask pupils to run around as fast as they can (or on the spot if space is limited) pumping arms for several minutes
- As soon as you say 'stop' pupils take their pulse again counting from zero, time for six seconds, pupils write on next heart recorder and add a zero onto the end to show BPM
- Ask pupils to walk calmly and slowly for a minute and take the pulse for the last time in the same way. Pupil's record



**Create a large wall graph with BPM on the vertical axis and four points along the horizontal axis as shown. At rest, walking running, recovering.**

**Pupils stick their hearts next to the corresponding BPM – at rest, walking, running and recovering. This will show how the heart rate increases as pupils exercise harder and decreases when the body slows down.**