

Measuring your heart rate

Time needed

15-20 minutes

Equipment needed

- paper
- stopwatch

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Use these instructions to help Beavers learn about heart rates, why they are important, and how we can measure them accurately. This can help them work towards requirement 3 of the Beaver Health and Fitness Activity Badge.

Did you know?

- The heart rate is the number of heartbeats per minute. The heart rate can vary, depending on:
 - o the body's current need for oxygen
 - o The size of the heart
 - o the fitness level of the person
 - o the daily moods of the person (the heart rate can go up when ever a person feels scared or nervous for example, and go down when they are relaxed)

When increasing the heart rate, the heart starts to pump blood around the body faster. This exercises and strengthens the heart, as well as other muscles in the body.

Top Tip!

Do this activity in small groups, as Beavers are likely to need help from leaders.

Did you know?

- 6-8 year olds should have a resting heart rate that falls between 60-100 beats per minute (bpm). This should rise to anywhere between 128-170bpm after exercise, depending on the individual person's fitness level.

Top Tips!

Use the illustrations to show Beavers how to measure their pulses

