

Your Heart Rate

You will need a timer to record your heart rate in each section below.

Your resting heart rate	
Your heart rate immediately after 3 minutes of continuous exercise.	
Your heart rate after 1 minute of rest.	
Your heart rate after 5 minutes of rest.	
Your heart rate after 10 minutes of rest. Has it returned to normal?	

Understands how their body responds to exercise.



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