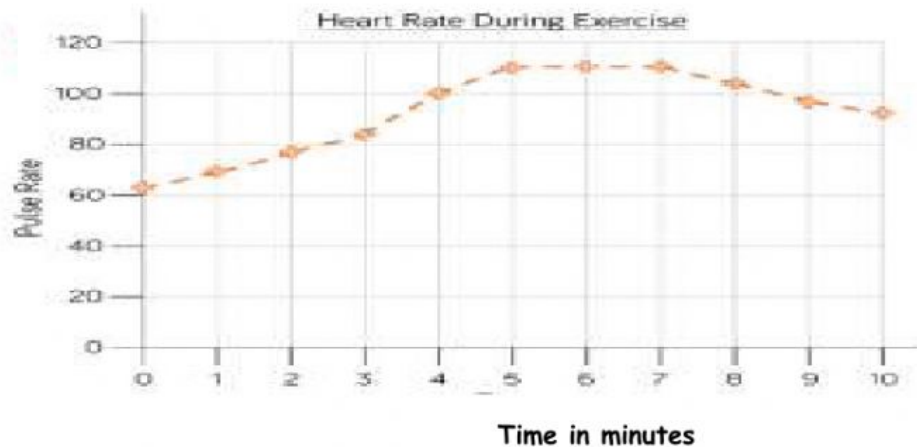


Task 1: Watch video https://www.youtube.com/watch?v=YjwiOV_aos



Task 2: Use the graph above to answer the questions.

1. How long does it take for the pulse rate to reach its highest level?
2. What happened after 5 minutes?
3. What happened at 7 minutes?

Challenge: Carry out your own exercise experiment and record your heart rate on a graph like the one shown above.



Key things to consider:

- How will plan out your own heart experiment?
- What information will you need to gather?
- What unit will you measure in?
- How will you label the axes?