

Name/Title: Pulsating

Academic content: Science

Purpose of Event: To show students how activity and lack of activity has an effect on a persons' heart rate.

Prerequisites: Students need instruction and practice in taking and recording their pulse rate.

Suggested Grade Level: 3-5

Materials Needed: A clock, [handout](#), pencil for each child, CD/tape player, and a variety of music that has different tempo (i.e., slow, relaxing music to lively, fast paced tunes).

Physical activity: Locomotor skills

Description of Idea

After students enter the activity area, have students sit in their own personal space. Review with them how to take there own heart/pulse rate and then handout writing utensils and the handout. Have them take their pulse for **ten seconds** as they are sitting in a resting position. Multiply that number by 6 and then they need to record their resting heart rate on the [handout](#). (Students can either work alone or in pairs to record their pulse rates on the handout.)

Have students put handout and pencil in a safe space on the side of the activity area. Then ask the students to **walk** around the general space for a while to the pace of some slow soothing music (Most music by the artist known as ENYA works well here). Then, have them stop to take their pulse and they need to record the results on the handout.

Next, have the students **skip or jog** around the general space to the pace of a slightly more uptempo piece of music (a country song may work well here). Record the results on the handout. Then, have the students move in the space as fast as possible around the general space to the pace of very energetic and fast piece of music. After a few minutes, stop, take the pulse, and record on the handout.

Now it is time to **reverse the process** of the above explanation and begin to lower the pulse using slower paced music. Each time use music that corresponds to the desired pace by first:

- moving semi-quickly (i.e., hopping, skipping, jogging) for a few minutes. Take pulse and record on the handout.
- moving slowly (i.e., walking, strolling, etc.) through activity area. Stop, take pulse, and record on the handout.
- sitting down and resting in personal space. Take pulse and record on the handout.

To close the lesson, discuss the results while seated. Why did we do this? What did this

demonstrate? If you want you can have them compare their results with a friend or classmate.

Variations:

- Use different locomotor skills.
- Have them dribble a ball as they do it.
- In the classroom, have students compile a class average for each section on the completed worksheet.
- Use aerobics instead of moving in general space.

[Click here](#) to print out the accompanying [Pulsating Handout](#)

[Click here](#) for a [Heart Rate Graphing Sheet](#) for your kids

Submitted by **Kathleen McCracken** who teaches at Clemson University in Clemson, SC. Thanks for contributing to PE Central! **Posted on PEC: 9/19/2001.**

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