**The David Beckham Academy**

**Healthy Heart**

**As you exercise your heart beats faster. Your heart rate is measured in beats per minute (bpm). Add the stickers for each activity below.**

**Jogging**

**Dribbling**

**Running with the ball**

**Try Measuring Your Own Heart Rate Too:**

**Ask an adult to take your pulse after doing each activity above, using two fingers rather than their thumb. Count the number of beats in 1 minute.**