**Week 31– Measuring Your Heart Rate**

**Grade:** Junior (4-6)

**Unit:** Data

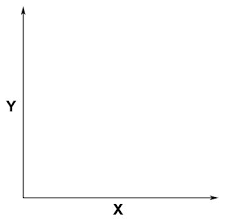
**Curriculum Expectations**   
 Select from among a variety of graphs, including stacked-bar graphs, the type of graph best suited to represent various sets of data; display the data in the graphs with proper sources, titles, and labels, and appropriate scales; and justify their choice of graphs.  
 Use scientific inquiry/experimentation skills to investigate changes in body systems (e.g., heart rate, breathing, body temperature) as a result of physical activity.  
**SEL**: Express and manage their feelings, and show understanding of the feelings of others, as they engage positively in mathematics activities.

**Activity**1) Students will investigate how physical activity changes their heart rate by completing various activities and displaying their findings in a graph.   
2)Students will start by completing 8 different physical activities. Some have been given in the chart below, but the student should come up with some on their own.   
3) After each activity students will measure their heart rate by putting two fingers either on their wrist or neck and count the beast for 15 seconds. Multiply this number by 4 to get your heart beats per minute. Record each heart rate in the chart below.  
4) After completing each activity and recording your observations in the chart, pick a graph to display your data. Make sure that you give your graph a title and label it appropriately.   
5)Finally, write a few sentences justifying why you choose the type of graph that you did in order to display your data.

**Check for Understanding**   
I can display data in a graph of my choosing with appropriate sources, titles, labels and scales.  
I can investigate changes in my heart rate as a result of physical activity.   
I can express and manage my feeling while completing mathematic activities.

**Materials**   
Recording chart attached below, graph attached below, timer, and pencil

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| --- | --- |
| **Activity** | **Heart Rate** |
| Jumping jacks for a minute |  |
| After waking up |  |
| After eating |  |
| Running on the spot for 3 minutes |  |
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What type of graph did you select and why?  
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