

SERIES 3
Physical Health

Heart Foundation



Did you know that each year the National Heart Foundation Jump Rope for Heart attracts over 400,000 school students in over 2000 schools around Australia?

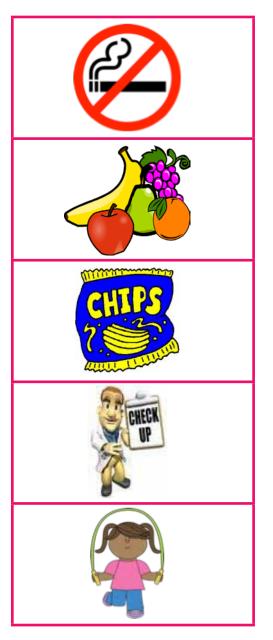
1 Fill in the gaps in this text from the words in the box below.

Jump Rope for	is a	a National Heart Fo	undation initiat	tive			
that is all about	h	ow to keep fit and		·			
It	z your strength and confidence in physical						
and builds healthy b	ones and	•					
You can have lots of games too. At the sai							
family and friends to	·	you for being a p	art of this fun p	rogram.			
Funds raised go towa	and stroke.	, 5					
activities healthy	disease	skipping					



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2 Draw a line to match the things that you should do to keep your heart healthy.



exercise regularly

see your doctor for regular checkups

eat lots of fresh, healthy food, like fruit and vegetables

don't be around people who are smoking

don't eat too much salty food

3 Circle the reasons to have a healthy heart.

stay fit and healthy you feel healthy avoid heart disease

feeling sick you will live longer you feel short of breath



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4 Are these statements TRUE or FALSE?

a)	Practising Jump Rope for Heart routines requires teamwork.	T	F
b)	It is important to keep your heart healthy.	T	F
c)	It is boring trying out new tricks.	T	F
d)	Getting regular exercise can improve your fitness levels.	T	F
e)	Most school students get enough physical activity each day.	T	F

5 Science experiment

Find your pulse on your wrist using your pointer and middle finger.

Mark where your pulse is with an X on your wrist so you can find it again.

Take your pulse for 15 seconds (write down the number of pulse in 15 seconds) and then multiply by 4. This will give you your pulse rate for one minute. Try this two or three times for accuracy.

Now, skip with a rope on the spot for three minutes.

Take your pulse and record your pulse rate.

Take your pulse every 30 seconds and record the pulse rate until it has returned to normal.

Graph your data.

a)	Describe the relationship between exercise and pulse rate.
o)	Can your pulse rate keep on increasing? Why or why not?



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				3000	Pilysical	ПĠ
	predict your pu	ulse rate to be	after six minu	tes of skipping	g?	
Graph your a	nswer.					