

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 National Heart Foundation initiative that is all about _____ how to keep fit and _____ . It _____ your strength and confidence in physical _____ and builds healthy bones and _____ .

You can have lots of _____ with your class mates and play lots of _____ games too. At the same time you will be helping save Australian lives by asking family and friends to _____ you for being a part of this fun program.

Funds raised go towards research to help the fight against heart _____ and stroke.

activities
healthy






disease
muscles

skipping
Heart

learning
fun

improves
sponsor

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

| |
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|--|
| 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

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.

- b) Can your pulse rate keep on increasing? Why or why not?

- c) What do you predict your pulse rate to be after six minutes of skipping?
Graph your answer.

