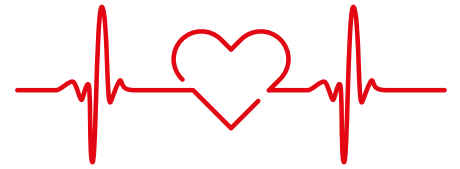


Counting Beats



Calculating my BPM (beats per minute)

1. My heart beat times in 15 seconds at rest.

A BPM (beats per minute) is calculated by counting the number of heart beats in 15 seconds and multiplying this number by 4.

Example: 20 beats in 15 seconds equals a heart rate of 80 beats per minute (BPM)

$$20 \times 4 = 80$$

2. Use the number of your heart beats at rest to draw your multiplication groups. Copy the groups you made from the counters or objects.

3. Write your multiplication equation to calculate your BPM.

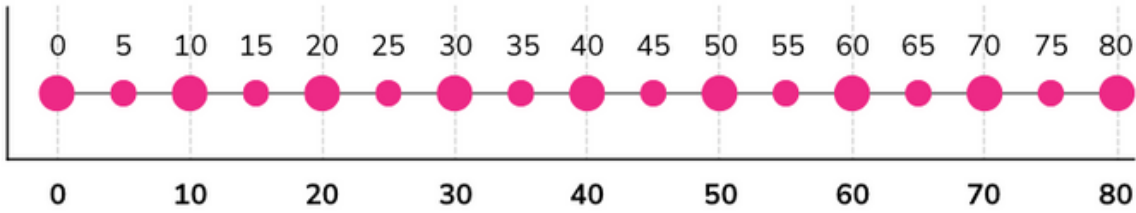
..... X 4 =

My BPM is



Subtracting

4. Practise subtracting (taking away) numbers from your BPM. Use the number line to show taking away 5, 10, 15 and 20.



5. Write one equation of subtracting a number from your BPM .

..... - =

Is this number higher or lower than your BPM?

BPM before and after skipping

6. Count your heartbeats for 15 seconds before your start skipping.

Calculate your BPM: x 4 =

This is your BPM at rest before skipping.

7. Now skip for one minute and count your heartbeat for 15 seconds.

Calculate your BPM: x 4 =

This is your BPM at rest after skipping.

8. Fill in the gaps to complete the sentences:

My heart rate before skipping was BPM and after skipping, it was BPM .

How did my heart rate change?

..... - = beats more!