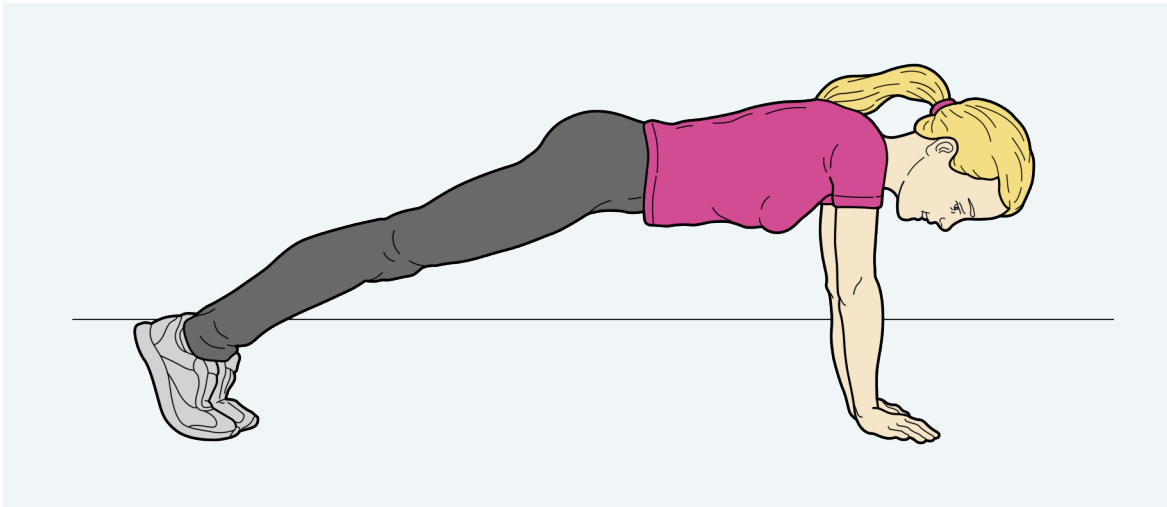


Activity 36: Mountain climber

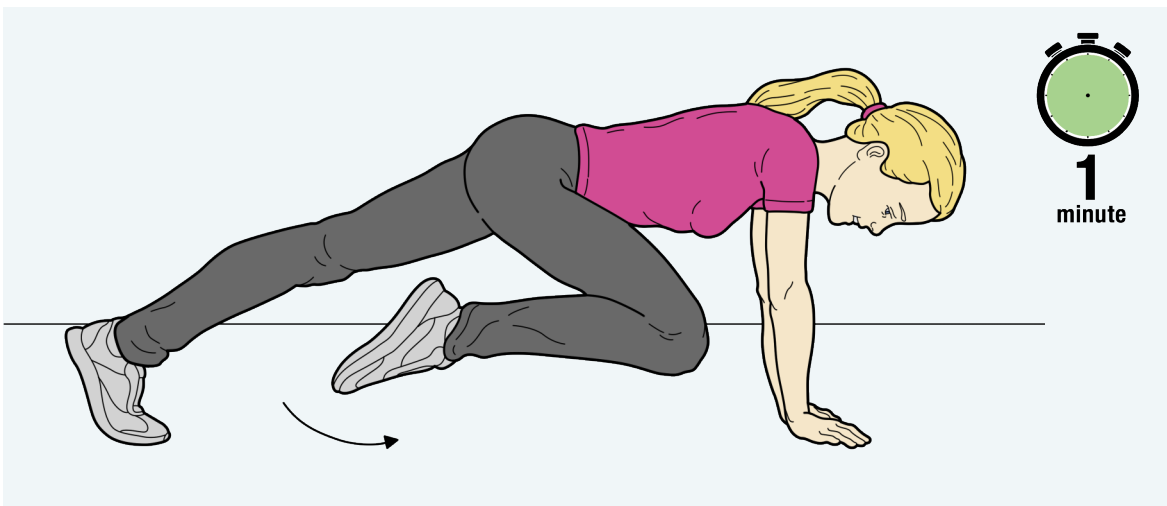
Video demonstration



1. In a standing or sitting position, find your pulse on your neck or wrist. Record your pulse for one minute.



2. Move down into a plank position, with hands and feet on the floor, and your body straight.



3. Pull your knee into your chest, while staying in the plank position.
4. Now switch knees. Alternate, pulling the knees in right, left, right, left, to create a 'running' motion. This is called the 'mountain climber'. Do this for one minute.
5. Stand up and find your pulse on your neck or wrist. Record your pulse for one minute. (Younger students who cannot count reliably may use smart watches or pulse oximeters for this activity or they can simply be guided to notice the quality of their pulse, e.g. hard/soft, fast/slow etc.)

What did you notice about your pulse after completing the mountain climber activity compared to your pulse before the activity? Did the pulse feel different as well as feeling quicker?