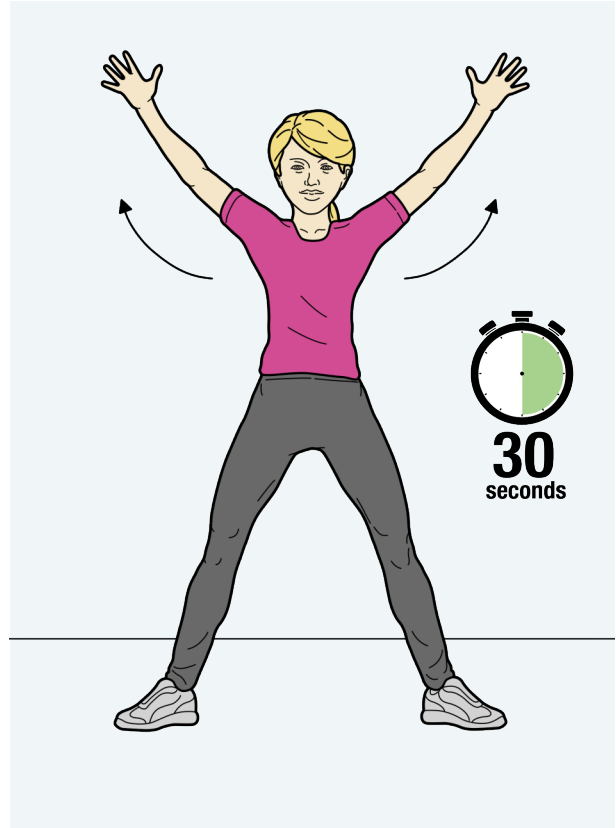
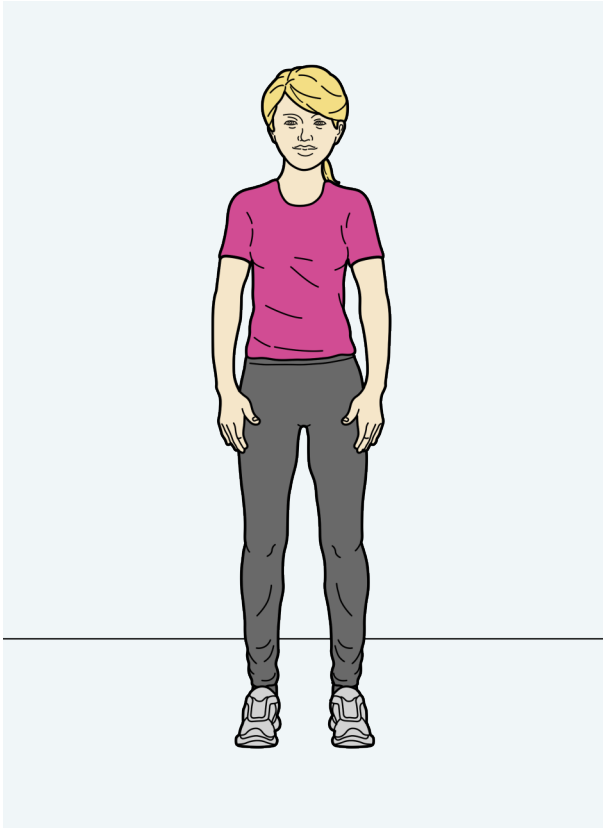


Activity 38: Jumping jacks

Video demonstration



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



2. Stand with your feet together, knees slightly bent and arms at your side.

3. Now jump while raising your arms and separating legs out to the sides, landing with legs apart and arms overhead.

4. Repeat the jumping jacks for 30 seconds.

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 jumping jacks compared to your pulse before the activity? Did the pulse feel different as well as being quicker?