

Which Football Warm-Up Activity Will Increase Heart Rate the Most?



Prediction (Explain what you think will happen.)

I think the _____
exercise will increase heart rate the most. I think the _____
_____ exercise will increase heart rate the least.

Method (Write a step-by-step explanation of the experiment.)

1. _____
2. _____
3. _____
4. _____
5. _____

Results

Activity	Pulse Rate (beats per minute)
Resting	
Gentle jogging	
Quick sidesteps	
Hamstring stretch	
Quad stretch	

Conclusion

Which exercise made your heart rate increase the most? _____

Which exercise made your heart rate increase the least? _____

Why do you think this is? _____

Which Football Warm-Up Activity Will Increase Heart Rate the Most? Answers

Prediction (Explain what you think will happen.)

I think the **jogging or quick sidesteps** exercise will increase heart rate the most. I think the **stretching** exercise will increase heart rate the least.

Method (Write a step-by-step explanation of the experiment.)

1. I measured my resting heart rate and recorded it in the table.
2. I performed the first exercise.
3. Afterwards, I measured my heart rate and wrote it in the table.
4. I waited for my heart to return to its resting rate.
5. I repeated steps 2, 3 and 4 for the other exercises.

Results

Answers will vary but should show a higher pulse rate for the warm-ups that involved more strenuous exercise.

Activity	Pulse Rate (beats per minute)
Resting	
Gentle jogging	
Quick sidesteps	
Hamstring stretch	
Quad stretch	

Conclusion

Which exercise made your heart rate increase the most? **Jogging or sidestep.**

Which exercise made your heart rate increase the least? **One of the stretching exercises.**

Why do you think this is? **Answers should mention that during exercise, the heart speeds up to pump more food and oxygen to the muscles. Jogging and sidesteps are more strenuous activities so the muscles contract more and need more food and oxygen.**

Which Football Warm-Up Activity Will Increase Heart Rate the Most?



Prediction (Explain what you think will happen.)

Method (Write a step-by-step explanation of the experiment.)

1. _____
2. _____
3. _____
4. _____
5. _____

Variables

I will measure: _____

I will keep these things the same: _____

I will change these things: _____

Results

Conclusion

Which exercise made your heart rate increase the most? _____

Which exercise made your heart rate increase the least? _____

Why do you think this is? _____

Which Football Warm-Up Activity Will Increase Heart Rate the Most? Answers

Prediction (Explain what you think will happen.)

Answers might include the idea that the jogging or quick sidesteps will increase heart rate the most and the stretching exercises will increase heart rate the least.

Method (Write a step-by-step explanation of the experiment.)

1. I measured my resting heart rate and recorded it in the table.
2. I performed the first exercise.
3. Afterwards, I measured my heart rate and wrote it in the table.
4. I waited for my heart to return to its resting rate.
5. I repeated steps 2, 3 and 4 for the other exercises.

Variables

I will measure: **how many times my heart beats per minute after different exercises.**

I will keep these things the same: **the length of time I do each exercise for, the length of time I measure my heart rate for, my heart rate before starting an exercise.**

I will change these things: **the type of exercise.**

Results

Answers will vary but should show a higher pulse rate for warm-ups that involved more strenuous exercise.

Activity	Pulse Rate (beats per minute)
Resting	
Gentle jogging	
Quick sidesteps	
Hamstring stretch	
Quad stretch	

Conclusion

Which exercise made your heart rate increase the most? **Jogging or sidestep.**

Which exercise made your heart rate increase the least? **One of the stretching exercises.**

Why do you think this is? **Answers should mention that during exercise, the heart speeds up to pump more food and oxygen to the muscles. Jogging and sidesteps are more strenuous activities so the muscles contract more and need more food and oxygen.**

Which Football Warm-Up Activity Will Increase Heart Rate the Most?



Prediction (Give a reason for your prediction.)

Method

Variables (What you will be measuring, what you will be changing and what you will be keeping the same.)

Results (Choose a way to record your results.)

Conclusion (Explain what you learnt and why you got the results you did.)

Which Football Warm-Up Activity Will Increase Heart Rate the Most? Answers

Prediction (Give a reason for your prediction.)

Answers might include the idea that the jogging or quick sidesteps will increase heart rate the most and the stretching exercises will increase heart rate the least. They might refer to exercising making the heart pump faster.

Method

1. I measured my resting heart rate and recorded it in the table.
2. I performed the first exercise.
3. Afterwards, I measured my heart rate and wrote it in the table.
4. I waited for my heart to return to its resting rate.
5. I repeated steps 2, 3 and 4 for the other exercises.

Variables (What you will be measuring, what you will be changing and what you will be keeping the same.)

I will be measuring how many times my heart beats per minute after different exercises. I will be keeping these things the same: the length of time I do each exercise for, the length of time I measure my heart rate for and my heart rate before starting an exercise. I will be changing the type of exercise.

Results (Choose a way to record your results.)

Answers will be recorded in different ways and will vary but should show a higher pulse rate for warm-ups that involved more strenuous exercise.

Conclusion (Explain what you learnt and why you got the results you did.)

Answers should state that jogging or sidestep exercises increased heart rate the most and that one of the stretching exercises made the heart rate increase the least. Answers should mention that during exercise, the heart speeds up to pump more food and oxygen to the muscles. Jogging and sidesteps are more strenuous activities so the muscles contract more and need more food and oxygen.