JUMPING SCIENTIST

Name: _________________________ Class: _________

Instructions: Take your Pulse after 30 seconds of doing each of these jump rope skills:

a. When I did the Basic Bounce jump rope skill my pulse was ________
b. When I did the Bell jump rope skill my pulse was ________
c. When I did the Skier jump rope skill my pulse was ________
d. When I did the Single Side Swing jump rope skill my pulse was ________
e. When I did the Crisscross jump rope skill my pulse was ________

Instructions: Take your Pulse after 1 minute of doing each of these jump rope skills:

a. When I did the Basic Bounce jump rope skill my pulse was ________
b. When I did the Bell jump rope skill my pulse was ________
c. When I did the Skier jump rope skill my pulse was ________
d. When I did the Single Side Swing jump rope skill my pulse was ________
e. When I did the Crisscross jump rope skill my pulse was ________

Question: During the Jumping Activities which of these changes happened to you? (Circle your answer)

Tired  Breathing Faster  Sweating  Heart beat faster