

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