Name:

Directions: Check the intensity of your heart rate after each round of dancing. Then put a check mark in the column that represents your heart rate.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Vigorous**  151–180 beats per minute | **Moderate** 105–150 beats per minute | **Below**  <105 beats per minute |
| Heart rate 1 |  |  |  |
| Heart rate 2 |  |  |  |
| Heart rate 3 |  |  |  |
| Debrief: Why did your heart rate change (or *not* change) during the tinikling dance? | | | |

## Figure 20.4 Tinikling Intensity Check: How Hard Is Your Heart Working?