Name:

Directions: Check your pulse/heart rate monitoring device during your tag game when the teacher stops play. Walk to your learning-team area, get your heart-rate card, and check 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 game of tag? | | | |

## Figure 19.26 Heart rate self-assessment for tag game.