|  |  |  |  |
| --- | --- | --- | --- |
| Name: | | | |
| Directions: Check your watch during your tag game when the teacher stops play. Walk to your learning-team area, get your heart rate card, and put a check mark in the column that represents your heart rate. | | | |
|  | Vigorous  151–180 beats per minute | Moderate  105–150 beats per minute | Low  <105 beats per minute |
| Heart rate 1 |  |  |  |
| Heart rate 2 |  |  |  |
| Heart rate 3 |  |  |  |

## Figure 22.10 Heart rate assessment.