

Healthy Hearts: Heart Rate Task Cards

Boxing Punches

60 seconds of standing still and boxing straight in front of you as fast as you can.

Remember:

- To record everyone resting rate first.
- Next predict what you think it will rise to.
- Then set the timer when everyone is ready.
- Finally, take your new heart rate.

Spot Runners

60 seconds of running on the spot as fast as you can.

Remember:

- To record everyone resting rate first.
- Next predict what you think it will rise to.
- Then set the timer when everyone is ready.
- Finally, take your new heart rate.

Hop Scotch

60 seconds of hopping from one foot to two feet as fast as you can.

Remember:

- To record everyone resting rate first.
- Next predict what you think it will rise to.
- Then set the timer when everyone is ready.
- Finally, take your new heart rate.

Jump Tucks

60 seconds of jumping on the spot, tucking your knees in as fast as you can.

Remember:

- To record everyone resting rate first.
- Next predict what you think it will rise to.
- Then set the timer when everyone is ready.
- Finally, take your new heart rate.

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Skip Ropes

60 seconds of jumping over an imaginary skipping rope, as fast as you can.

Remember:

- To record everyone resting rate first.
- Next predict what you think it will rise to.
- Then set the timer when everyone is ready.
- Finally, take your new heart rate.

Jumping Jacks

60 seconds of jumping jacks as fast as fast as you can.

Remember:

- To record everyone resting rate first.
- Next predict what you think it will rise to.
- Then set the timer when everyone is ready.
- Finally, take your new heart rate.