

**6<sup>th</sup> Grade Physical Education/Health  
Heart Rate Worksheet**

Name: \_\_\_\_\_

Section: \_\_\_\_\_

After reading the attached handout, please feel out this worksheet. Please show all work.

1. Find your true resting heart rate and record it. \_\_\_\_\_ beats per minute
2. March in place for one minute. Write down how many times your heart beats in one minute as soon as you have finished marching. \_\_\_\_\_ beats per minute
3. Sit down and rest until your heart rate is the same, or nearly the same as your resting heart rate. Write down how many minutes/seconds this takes. \_\_\_\_\_ minutes  
\_\_\_\_\_ seconds
4. Find your target heart rate by doing 50 jumping jacks and record it. \_\_\_\_\_ beats per minute. Please show your work below.
5. Follow step number three again. \_\_\_\_\_ minutes \_\_\_\_\_ seconds
6. Now run in place until the clock shows 3 minutes. Take your heart rate again for 1 minute as soon as you have finished running. Write this down. \_\_\_\_\_ beats per minute
7. Follow step number three again. \_\_\_\_\_ minutes \_\_\_\_\_ seconds
8. Take your "resting heart rate" and multiply by 60. This will tell you how many times your heart beats in one hour without any activity. Work out how many less beats per hour you would save if you could lower your heart rate by 10 beats an hour. (For example: if your heart beats 75 times a minute now, how many beats would you "save" if it beat 65 times a minute?)
9. Multiply this figure by the number of hours you are awake in a day. \_\_\_\_\_
10. Why is your target heart rate so important?