

Names: \_\_\_\_\_  
\_\_\_\_\_

## Cardiovascular Endurance Choreograph PBL- Watch Me

Circle Style: Jump Bands/ Basketball/ Pound/ Jump Rope

### Intro

Name of Move: \_\_\_\_\_

How to preform the move:

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### Step A (Chorus)- Whip/ Nae Nae:

Name of Move: \_\_\_\_\_

How to preform the move:

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### Step B (Verse) -Watch Me

Name of Move: \_\_\_\_\_

How to preform the move:

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**Step C (Verse): Stanky Leg**

Name of Move: \_\_\_\_\_

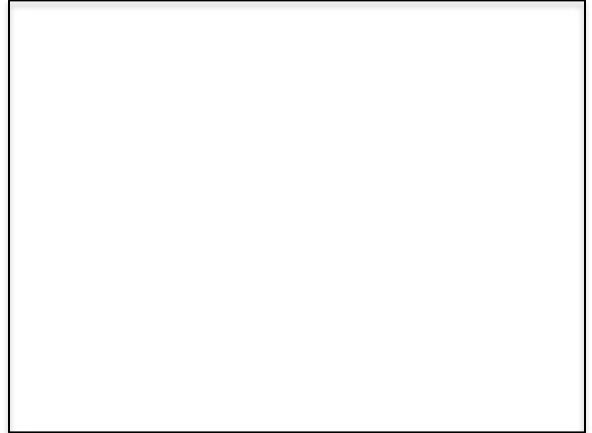
How to preform the move:

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**Step D (Verse): Break Your Legs**

Name of Move: \_\_\_\_\_

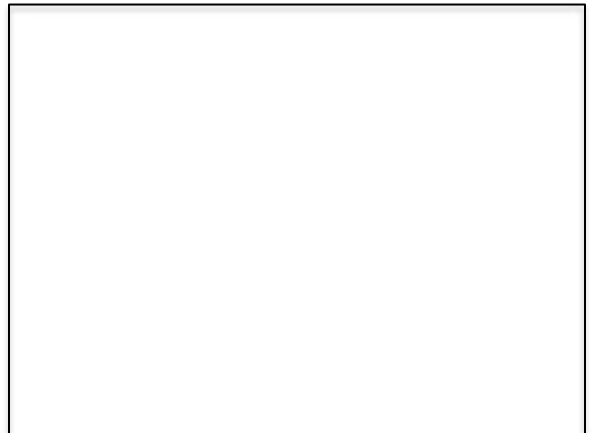
How to preform the move:

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**Step E (Verse): Bop**

Name of Move: \_\_\_\_\_

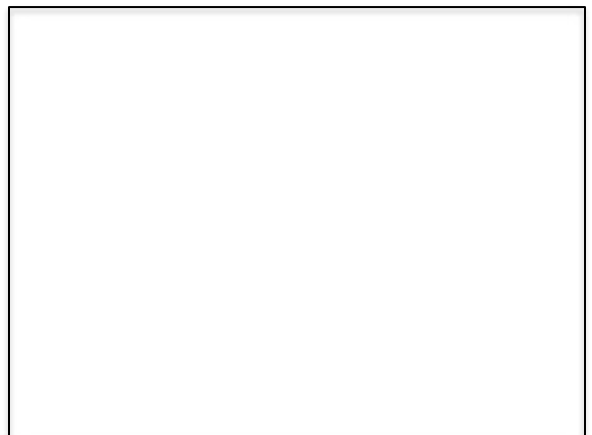
How to preform the move:

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**Step F (Verse): Superman**

Name of Move: \_\_\_\_\_

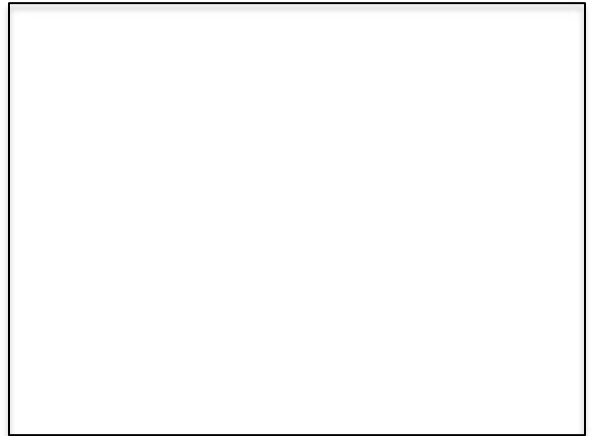
How to perform the move:

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**Strategies to increase HR during  
Choreograph:**

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**Choreograph Pattern:  
ABCDE/ ABFDE/AB**

## HEART RATE ZONES FOR CHILDREN AND ADOLESCENTS

HEART RATE ZONE	FEELS LIKE	EXAMPLE ACTIVITIES	BENEFITS
<b>PERFORMANCE</b> <b>100-90%</b>	<b>VIGOROUS TO VIGOROUS+</b> » VERY EXHAUSTING » FAST BREATHING » MUSCLES MAY FEEL TIRED	» SHORT SPRINTS » SOCCER » BASKETBALL	DEVELOPS MAXIMUM PERFORMANCE AND SPEED 
<b>HEALTHY HEART</b> <b>90-70%</b>	<b>MODERATE TO VIGOROUS</b> » EASY TO HEAVY BREATHING » LIGHT MUSCULAR STRAIN » AVERAGE SWEATING 	» GAMES » JOGGING » CYCLING » DANCING	IMPROVES AEROBIC FITNESS AND PERFORMANCE CAPACITY 
<b>ACTIVE</b> <b>70-60%</b>	<b>EASY TO MODERATE</b> » EASY, COMFORTABLE BREATHING » LOW MUSCLE LOAD » LIGHT SWEATING	» WARM-UP AND COOL-DOWN » BRISK WALKING » PLAYING CATCH » VOLLEYBALL 	IMPROVES BASIC ENDURANCE AND MUSCLE TONE

## HR Percentages

for ages 8-12:

60%: 120s

70%: 140s

80%: 160s

90%: 180s

