

WMS Phys Ed Remote Learning Assignment
Week 3 - Heart Rate Activities



1. Click here for a quick video on how to take your pulse - [How to Measure Resting Heart Rate](#)
2. Take your BEFORE WORKOUT Heart Rate **FIRST** and type the number you get (after multiplying) in the chart on the line.
3. Click the link in the chart to complete each day's workout.
4. **As soon as you are done with the workout**, take your AFTER WORKOUT Heart Rate and type the number you get (after multiplying) in the chart on the line.
5. Use complete sentences to answer the questions in the chart each day.

MONDAY

Workout Type: Cardio



BEFORE WORKOUT Heart Rate: _____ Beats per minute

Video Link: https://www.youtube.com/watch?v=4wzoy_J3l_c&list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTI&index=4&t=431s

AFTER WORKOUT Heart Rate: _____ Beats per minute

- 1. Describe how you feel after completing your Cardio workout? (body, breathing, heart, sweat)*
- 2. How did your heart rate change after your workout today? Why do you think this happened?*
- 3. Name 3 different exercises/movements you did in your workout today.*

TUESDAY

Workout Type: Full Body Stretch



BEFORE WORKOUT Heart Rate: _____ Beats per minute

Video Link: https://www.youtube.com/watch?v=IPKRiU9u_Hc

AFTER WORKOUT Heart Rate: _____ Beats per minute

- 1. Describe how you feel after completing your Full Body Stretch workout? (body, breathing, heart, sweat)*
- 2. How did your heart rate change after your workout today? Why do you think this happened?*
- 3. Name 3 different stretches you did in your workout today.*

WEDNESDAY

Workout Type: Dance



BEFORE WORKOUT Heart Rate: _____ Beats per minute

Video Link: <https://vimeo.com/showcase/6880106> Choose **ONE** Fit Kid Club Video: Groove it Out or Cool Moves

AFTER WORKOUT Heart Rate: _____ Beats per minute

1. *Describe how you feel after completing your Dance workout? (body, breathing, heart, sweat)*
2. *How did your heart rate change after your workout today? Why do you think this happened?*
3. *Which Dance workout did you choose?*
Name 3 different exercises/movements you did in your workout today.

THURSDAY

Workout Type: Kickboxing



BEFORE WORKOUT Heart Rate: _____ Beats per minute

Video Link: <https://www.youtube.com/watch?v=Sn7ltmaHq9E>

AFTER WORKOUT Heart Rate: _____ Beats per minute

- 1. Describe how you feel after completing your Kickboxing workout? (body, breathing, heart, sweat)*
- 2. How did your heart rate change after your workout today? Why do you think this happened?*
- 3. Name 3 different exercises/movements you did in your workout today.*

FRIDAY

Workout Type: Tabata



BEFORE WORKOUT Heart Rate: _____ Beats per minute

Video Link: <https://www.youtube.com/watch?v=b9kswCNyDDY>

AFTER WORKOUT Heart Rate: _____ Beats per minute

1. *Describe how you feel after completing your Tabata workout? (body, breathing, heart, sweat)*

2. *How did your heart rate change after your workout today? Why do you think this happened?*

3. *How long did you do each exercise for?*
How long was your break in between each exercise?