



## Ken-Ton Schools High School Emergency Closing Physical Education Assignment

**Directions:** For your Physical Education credit, while we are in an emergency closure, you will be required to meet the NYS mandate of 120 minutes of physical activity a week. The attached sheet will be used to track your activity minutes, and your heart rates, The minutes spent being active will be your choice. We have prepared you for physical activity outside of high school, so we know you are ready for the challenge. This is your chance to get credit for the physical activity you choose to do. Please turn in your completed activity log sheets when we return to school.

Please plan on turning in ***one activity log*** for every two weeks that we are not in school.

***Remember, moving your body is key for all of our health!!***

The activity is ***YOUR*** choice, you will just need to do it, document it, and monitor your heart rate.

### **IDEAS AND SUGGESTIONS:**

Just Dance

Zumba

Tik Tok

Jog on Treadmill

Elliptical

Rower/rowing

Dance Class

Weight Lifting

Tai - Chi

Biking

Walking

Yoga

Stretching

HIIT ( High intensity interval training)

Gymnastics

Lacrosse- playing catch, doing drills, playing

Basketball - shooting hoops, playing

Soccer- juggling, dribbling, drills, playing

Hockey- passing, stick handling

Skateboarding

Volleyball- hitting around, play

Baseball/Softball - Throwing catch, play

Football- Throwing, playing

Golfing- chipping, hitting, play

Net/Racket games

Playground

Any EXERCISE APP

Workouts online- google search, you tube

[www.darebee.com](http://www.darebee.com)

<https://www.youtube.com/user/FitnessBlender>

<https://www.youtube.com/user/popsugartvfit>

Make a COPY OF THE ACTIVITY LOG, SAVE IT, then send that!

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## Your Pulse and Your Target Heart Rate

### What is your pulse?

Your pulse is your heart rate, or the number of times your heart beats in one minute. Pulse rates vary from person to person. Your pulse is lower when you are at rest and increases when you exercise (because more oxygen-rich blood is needed by the body when you exercise).

Knowing how to take your pulse can help you evaluate your exercise program.

### How to take your pulse

1. Place the tips of your index, second, and third fingers on the palm side of your other wrist, below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck, on either side of your windpipe. (See the illustrations to the right.)



2. Press lightly with your fingers until you feel the blood pulsing beneath your fingers. You might need to move your fingers around slightly up or down until you feel the pulsing.

3. Use a watch with a second hand, or look at a clock with a second hand.

4. Count the beats you feel for 10 seconds. Multiply this number by six to get your heart rate (pulse) per minute.

Check your pulse: \_\_\_\_\_ x 6 = \_\_\_\_\_  
 (beats in 10 seconds)      (your pulse)



What is a normal pulse?	
Age Group	Normal Heart Rate at Rest
Children (ages 6-15)	70-100 beats per minute
Adults (age 18 and over)	60-100 beats per minute

