

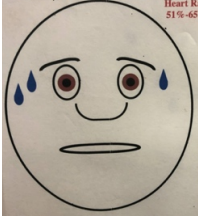

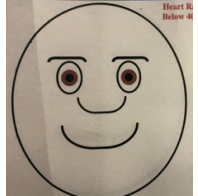


## Intensity Levels & Heart Rate (K-2)

Intensity Level	Facial Expressions	Characteristics	Activity examples <i>(add your own examples too!)</i>
5		<p><b>Max</b></p> <ul style="list-style-type: none"> <li>• Very, very difficult</li> <li>• Can only keep this pace for a short time</li> <li>• Can NOT talk</li> <li>• Uncomfortable</li> <li>• Sweating hard</li> </ul>	<ul style="list-style-type: none"> <li>• Short sprint</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
4		<p><b>Heart Health</b></p> <ul style="list-style-type: none"> <li>• Moderately hard</li> <li>• Uncomfortable but can keep pace going</li> <li>• Can talk but really don't want to</li> <li>• Sweating</li> </ul>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Noodle Tag</li> <li>•</li> <li>•</li> </ul>
3		<p><b>Base</b></p> <ul style="list-style-type: none"> <li>• Moderate</li> <li>• A little uncomfortable</li> <li>• Sweating a little</li> <li>• Can talk but not easily</li> </ul>	<ul style="list-style-type: none"> <li>• Jogging</li> <li>•</li> <li>•</li> <li>•</li> </ul>
2		<p><b>Daily Activity</b></p> <ul style="list-style-type: none"> <li>• Easy</li> <li>• All day pace</li> <li>• Talk easily</li> <li>• Not sweating</li> </ul>	<ul style="list-style-type: none"> <li>• Walking</li> <li>• Four-square</li> <li>•</li> <li>•</li> </ul>
1		<p><b>Media/Seat</b></p> <ul style="list-style-type: none"> <li>• Very, very easy</li> <li>• Sitting</li> <li>• Can talk easily</li> </ul>	<ul style="list-style-type: none"> <li>• Laying down</li> <li>• Sitting</li> <li>•</li> <li>•</li> </ul>

## What intensity level are you in?

Instructions: Use the organizer to track how you felt during your chosen activity, and determine what intensity level you were working in. Aim to work in intensity level 4!

Activity 1:	Activity 2:	Activity 3:
Picture of the activity:	Picture of the activity:	Picture of the activity:
Intensity level 1    2    3    4    5	Intensity level 1    2    3    4    5	Intensity level 1    2    3    4    5
What clues did you use to determine the intensity level?	What clues did you use to determine the intensity level?	What clues did you use to determine the intensity level?