

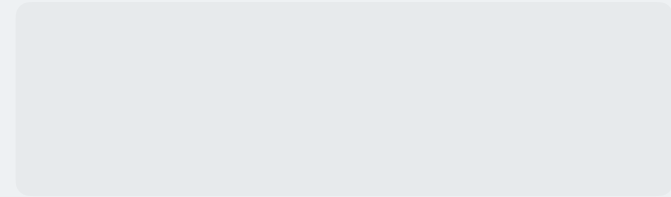


WACKY WAYS TO MOVE REFLECTION

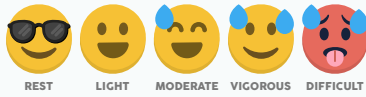
Name

Grade

Use this reflection sheet to keep track of how the different Wacky Ways To Move affect your heart rate by checking off the appropriate heart rate zone for each activity. Once you know what moderate-to-vigorous physical activity feels like, use the space to the right to start listing some other activities you can do to get those daily active minutes!



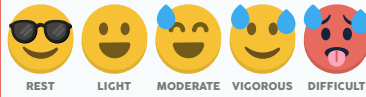
Paper Plate Motors



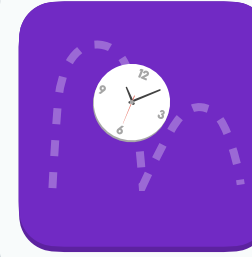
My Heart Rate (10s):



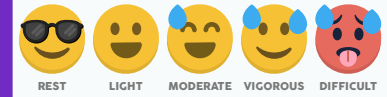
Blaster Biathlon



My Heart Rate (10s):



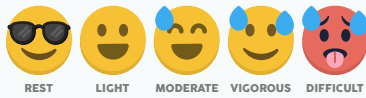
Hacky Sack Clock



My Heart Rate (10s):



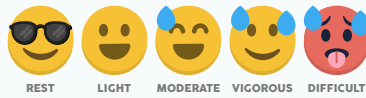
Spatula Badminton



My Heart Rate (10s):



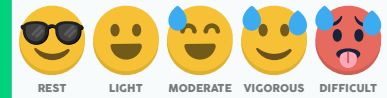
You Can't Touch This



My Heart Rate (10s):



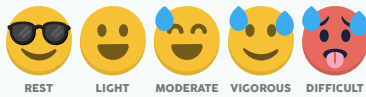
TP Bowling



My Heart Rate (10s):



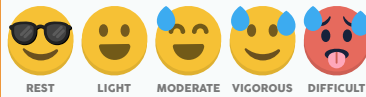
Name It Bingo!



My Heart Rate (10s):



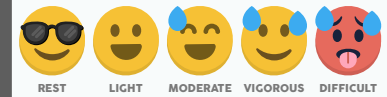
Rock Em' Sock Em' Bocce



My Heart Rate (10s):



Sock Statues



My Heart Rate (10s):