

"What's My Heart Rate?"

Performance Cards

STATION 1:

**Hop on one foot
for 30 seconds**

STATION 2:

**Write anything
for 60 seconds**

STATION 3:

**Jog in place for
35 seconds**

STATION 4:

**Do jumping
jacks for 15
seconds**

STATION 5:

**Do stretching
movements for
40 seconds**