



MINUTES OF MOVEMENT

MATH & SCIENCE

MOVEMENT	REPS IN 1 MINUTE	HEART RATE
JUMPING JACKS		
HIGH KNEES		
SHUFFLE LUNGES		
BUTT KICKS		
FOOTBALL FEET		
SIT/STANDS		
BALL TOUCHES		
SIMULATED JUMP ROPE		
SPEED SKATERS		
STANDING SIDE MT CLIMBERS		
ZOMBIE KICKS		
FAST PUNCHES		
SWIMMERS		
JUMP FORWARD/BACK		

- 1 To obtain the heartrate, have the participants find their pulse before starting the exercise. When the movement concludes, start a 10 second clock quickly after the movement while the participants count how many pulses they feel in 10 seconds. Multiply that number by 6 for the heartrate that is created from each movement.
- 2 To obtain the reps per minute, simply have each participant count how many reps they are able to do during that period of time.
- 3 Additional fun comes from having participants rearrange and rank each movement by how high their heartrate was or how many reps they achieved. The chart can then be used to measure averages and more for the class and discuss.