

Name: _____

Calculating Calories and Heart Rate

GRADES 3-5

Beats per minute (bpm)	Partner 1	Partner 2
Resting Heart Rate		
Maximum Heart Rate		
Heart Rate after 5 minute game (manual measurement)		

Calculating Calories:

Step 1: Convert your weight in pounds to kilograms by dividing by 2. Round to the nearest whole number, if needed.

Step 2: Multiply the MET value by your weight in kilograms. Use the MET value of 8.5.

Step 3: Multiply the product by the time you performed the activity in hours to get the number of calories you burned. (May need to use a fraction if under 1 hour).

Equation: $(\text{Weight}/2) \times 8.5 \times \text{number of hours}$.



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	10 minutes ($\frac{1}{6}$ of an hour)	30 minutes ($\frac{1}{2}$ hour)	60 minutes (1 hour)	90 minutes (1 and $\frac{1}{2}$ hours)
Calories burned using MET 8.5 (Soccer)				
Calories burned using MET 1.5 (Sitting)				

Explain how your heart rate and calories burned changes when you are playing compared to sitting.

