

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



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	10 minutes (1/6 of an hour)	30 minutes (1/2 hour)	60 minutes (1 hour)	90 minutes (1 and 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.

