

Heart Rate Performance Rubric



<u>Time In Zone</u> (THR 135-180)	<u>Rubric Score</u>	<u>Sustains Intensity Level</u> <u>During Activity</u>
20 min.	4	Moderate to Vigorous
15 min.	3	Moderate
10 min.	2	Low
5 min.	1	Poor/No Effort (Redo)

**** Students have 25 minutes to complete their In Zone time to receive the rubric scores indicated above.**

This rubric is used to assess the level of intensity that students perform at on a daily basis in PE class. Students are encouraged to work at a moderate to vigorous level for 20 minutes each time they come to class.

This intensity level promotes cardiovascular endurance (heart health). Each student needs to work at a moderate to vigorous level that is individual to their cardiovascular fitness. Understanding the level of exertion needed to improve heart health and identifying activities that increase a student's heart rate to the healthy target zone (135-180 bpm) is extremely important to living a healthy life.

