**Physical Education Assignment #3**

Name: \_\_\_\_\_\_\_ Today’s Date: \_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_ Date absent/injured: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MODERATE TO VIGOROUS PHYSICAL ACTIVITY (MVPA)

1. What are the target heart rate percentages for moderate activity?

1. What are the target heart rate percentages for vigorous activity?
2. How much time of physical activity each day should be offered to kids?
3. Give examples of moderate activity and examples of vigorous activity on the lines provided. All lines must be completed.

**Moderate Physical Activity Vigorous Physical Activity**

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