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| **Physical Education: Nutrition Unit** |
| Objective  | Activities  | Resources  |
| Find your pulse Calculate your resting and aerobic heartrate | **Activity**: 1. Log onto Seesaw and find the assignment entitled “Comparing Heartrates.”
2. Click the link in the assignment and watch the video for today.

a. Have a piece of paper and a pencilb. You will need to write down the numbers for the two heartrates you calculate.c. Parents – Your child may need assistance to find their pulse.1. After you watch the video, click Add Response to find the worksheet to complete.

a. Please note there are two pages for this assignment. b. When you are done, click the green check to submit.  | Device with connection to internet |