

Grade 6 Target **Heart Rate Zone**

6th Grade Max HR : **208**

Target HR Zone = **125-177**

10 second count X 6 = Beats per Minute (BPM)

$$20 \times 6 =$$

120

$$21 \times 6 =$$

126

$$22 \times 6 =$$

132

$$23 \times 6 =$$

138

$$24 \times 6 =$$

144

$$25 \times 6 =$$

150

$$26 \times 6 =$$

156

$$27 \times 6 =$$

162

$$28 \times 6 =$$

168

$$29 \times 6 =$$

174

$$30 \times 6 =$$

180

* Magenta = in correct range

Grade 5 Target **Heart Rate Zone**

5th Grade Max HR : **209**

Target HR Zone = **125-178**

10 second count X 6 = Beats per Minute (BPM)

$$20 \times 6 =$$

120

$$21 \times 6 =$$

126

$$22 \times 6 =$$

132

$$23 \times 6 =$$

138

$$24 \times 6 =$$

144

$$25 \times 6 =$$

150

$$26 \times 6 =$$

156

$$27 \times 6 =$$

162

$$28 \times 6 =$$

168

$$29 \times 6 =$$

174

$$30 \times 6 =$$

180

* Magenta = in correct range

Grade 4 Target **Heart Rate Zone**

4th Grade Max HR = **210** | Target HR Zone = **126-179**

10 second count X 6 = Beats per Minute (BPM)

$20 \times 6 =$

120

$21 \times 6 =$

126

$22 \times 6 =$

132

$23 \times 6 =$

138

$24 \times 6 =$

144

$25 \times 6 =$

150

$26 \times 6 =$

156

$27 \times 6 =$

162

$28 \times 6 =$

168

$29 \times 6 =$

174

$30 \times 6 =$

180

* Magenta = in correct range

Grade 3 Target **Heart Rate Zone**

3rd Grade Max HR = **211** | Target HR Zone = 60%-85% of Max = **127-179**

10 second count X 6 = Beats per Minute (BPM)

$$20 \times 6 =$$

120

$$21 \times 6 =$$

126

$$22 \times 6 =$$

132

$$23 \times 6 =$$

138

$$24 \times 6 =$$

144

$$25 \times 6 =$$

150

$$26 \times 6 =$$

156

$$27 \times 6 =$$

162

$$28 \times 6 =$$

168

$$29 \times 6 =$$

174

$$30 \times 6 =$$

180

* **Magenta** = in correct range