**Heart Rate Rubric**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **3 Points** | **2 Points** | **1 Point** | **0 Points** |
| Achievement of activity and active heart rate zone | Students completes the activity throughout the class and was in their target zone for 30 minutes or more | Students completes the activity throughout the class and was in their target zone for at least 25 minutes | Students complete the activity throughout the class and was in their target zone for at least 15 minutes. | Students does not complete the activity throughout the class and did not achieve their target heart rate for 15 minutes.. |