

Heart Rate Recorders

Photocopy 1 column per pupil

Cut here 

Cut here 

Cut here 

Cut here 

Cut here 

Cut here 

Cut here 

Rest



Rest



Rest



Rest



Rest



Rest



Rest



Rest



Walking Pace



Walking Pace



Walking Pace



Walking Pace



Walking Pace



Walking Pace



Walking Pace



Walking Pace



Running hard



Running hard



Running hard



Running hard



Running hard



Running hard



Running hard



Running hard



Recovering



Recovering



Recovering



Recovering



Recovering



Recovering



Recovering



Recovering

