Team Cardio



In a drinking fountain line, and on my signal, the first person will complete the cardiorespiratory activity and then high five the next person on the team, so they can go. Keep tally marks for laps and take the highest and lowest pedometer steps and add them up.

 2 minutes of running = \_\_\_\_\_ laps \_\_\_\_ steps

 2 minutes of carioca = \_\_\_\_\_ laps \_\_\_\_ steps  2 minutes of skipping = \_\_\_\_\_ laps \_\_\_\_ steps

 2 minutes of power walking = \_\_\_\_\_ laps \_\_\_\_ steps

 2 minutes of shuffle = \_\_\_\_\_ laps \_\_\_\_ steps

 2 minutes of running = \_\_\_\_\_ laps \_\_\_\_ steps

 TOTAL \_\_\_\_\_ laps \_\_\_\_ steps