

Name _____

Activity Points

This learning activity aligns and contributes to the achievement of Georgia Standards of Excellence **MGSE6.NS.3**, **MGSE7.EE.4**; and **NHES.1**

The formula used to determine points for activity is $T \times (M + P)$ where 'T' is time, 'M' is METs and 'P' is perceived difficulty of the activity on a scale of one to five.

Below are the MET scores for different activities. Using the formula, find the different point values for the activities using a difficulty level of three for 30 minutes and 45 minutes.

Activity	METs score	P level of 3	30 minutes of activity	45 minutes of activity
Dancing (ballet, modern, jazz)	5			
Basketball game	6			
Bicycling (moderate effort)	8			
Walking the dog	3			
Roller skating	7			
Laundry	2			

1. Which activity will give you the most points?

2. Which activity are you most likely to do and why?