

**Arthur A. Leach**  
**Physical Educations**  
 Physical Activity Record 's (PAR'S)

**Gr. 7 – 9**  
**December, 2011**

**Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Due Date: Friday, Dec 22nd 2011**

**Intensity (I):** 1- body slightly warm, heart rate slightly elevated  
 2- some perspiration, faster than normal breathing  
 3- full out effort, heavy perspiration and breathing

**Fitness Components (F.C.):** CV- Cardiovascular Endurance  
 MS- Muscular Strength  
 ME- Muscular Endurance  
 F- Flexibility

<b>Week</b>	<b>Date</b>	<b>Activity (Be Specific)</b>	<b>I</b>	<b>Time</b>	<b>F.C.</b>	<b>Parent Signature</b> <small>(only one signature required)</small>
<b>Dec 1 - 3</b>						
<b>Dec 6 - 10</b>						
<b>Dec 13 - 17</b>						
<b>Dec 20 - 23</b>						