

**Arthur A. Leach**  
**Physical Educations**  
 Physical Activity Record 's (PAR'S)  
**October, 2011**

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

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

**Due Date:** In combination with November PAR on back of this sheet.

**Due Date for both PAR's** Wednesday, November 30<sup>th</sup>.

**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

Week	Date	Activity (Be Specific)	I	Time	F.C.	Parent Signature <small>(only one signature required)</small>
Oct 3 - 7						
Oct 10 - 14						
Oct 17 - 21						
Oct 24 - 28						

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Week	Date	Activity (Be Specific)	I	Time	F.C.	Parent Signature <small>(only one signature required)</small>
Oct 31 - Nov 4th						
Nov 7 - 11						
Nov 14 - 18						
Nov 21 - 25						
Nov 28 - 30						

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