<u>Dear Parents/Students</u>; to encourage lifelong fitness we are asking each student to work on a cardiovascular activity three times a week for a minimum of 15 minutes. Please write down the date, type of activity and the time you spent on the activity. Parents, please sign in the far right column to verify that your child has completed their workout or comment on your child's program.

CARDIOVASCULAR ENDURANCE (C.V.E.): The ability of your heart, lungs and circulatory system to work effectively so you are able to exercise over longer periods of time.

PERSONAL ACTIVITY RECORD DUE DATES			
TERM 1	Dec 15th—Dec 19th 2014		
TERM 2			

<u>Gr 5 - 6</u> <u>Personal Activity</u> <u>Record</u>

Name:	
Home Room:	

<u>Teachers Use Only</u> - Personal Activity Record Mark Breakdown		
C.V.E. activity was performed 3x's per week.	/3	
Activities matched C.V.E. fitness area.	/3	
Duration/Time of activities was 15 minutes.	/3	
Acquired parent signature comment.	/1	
Total Score	/10	
Comments:		

<u>Date</u>	<u>Cardiovascular Endurance Activity</u> EG. BIKING, ROLLERBLADING	Time MINIMUM OF 15 MINUTES	Parent Signature/ Comment	
			-	

GR. 5—6 Personal Activity Record						
<u>Date</u>	<u>Cardiovascular Endurance Activity</u> EG. BIKING, ROLLERBLADING	Time MINIMUM OF 15 MINUTES	Parent Signature/Comment			