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Continuous Run Cardio Fitness Assessment

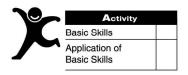
W	hat is it?	Name:				
It's a	way to keep or get in shape	It's enjoyable, attainable, challenging and even fun because everyone				
work	s at their own level of fitnes	s. Each run/walk assessment gives you an opportunity to gain mastery, s				
impr	ovement, set and achieve go	als.				
Н	ow Does it W	ork?				
Each	assessment will be 30 minu	tes long. You will run continuously for as long as you can. When you're				
finisł	ned running you can power	walk / or walk run for the duration of the 30 minute period. Your partr				
will r	ecord the number of minute	es you can run continuously. Once finished, you will look up the points				
attair	ned for running (see back of	sheet). This will equal your percentage in the assessment. This will be				
recor	ded on your fitness assessme	ent sheet below which will be handed in each time to your P.E. teacher.				
1.	Date:	Resting Heart Rate =beats/10 second count				
		beats/10 second count Goal				
	Number of minutes of continuous running					
	(enter points f	or run) + = %				
		Bonus of 20 points for reaching goal, if goal is over 10 minutes.				
	Comments:					
2.	Date:	Resting Heart Rate =beats/10 second count				
	Heart Rate After Run:	beats/10 second count Goal				
	Number of m	inutes of continuous running				
	(enter points f	or run) + =%				
	-	Bonus of 20 points for reaching goal, if goal is over 10 minutes.				
	Commonto					

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Heart Rate After Run:	beats/10 second co	unt Goal		
Number of minutes of continuous running				
(enter points for	run) + =	%		
	Bonus of 20 points for	reaching goal, if goal is over 10 minus		

Minutes of	Points	Minutes of	Points
Continuous		Continuous	
Running		Running	
1	10	16	73
2	15	17	75
3	20	18	77
4	25	19	79
5	30	20	81
6	35	21	83
7	40	22	85
8	45	23	87
9	50	24	89
10	55	25	91
11	60	26	93
12	65	27	95
13	67	28	97
14	69	29	99
15	71	30	100







Cooperatio	n
Communication	
Fair Play	T
Leadership	
Teamwork	

	D o it Dailyfor life	
1	Effort	
Λ	Safety	
, .	Goal Setting	
	In the Community	