



Name: _____

Teacher: _____ Period: _____

ALL SCHOOL RUN

What: Cardio Respiratory Fitness- the ability to exercise for a long period of time without stopping. The heart, lungs, and blood vessels help to sustain aerobic activity by supplying oxygen to your working muscles.

How: All School Run

Why: By exercising regularly, you will have a stronger heart muscle. Active people are much less likely to suffer from heart disease, diabetes, and obesity.

	Date	Goal Time	Actual Time	Effort Level 1-5	Was it a Personal Best? Yes or No	Did you jog the entire time? Yes or No
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

Rubric for Effort:

- 5 = maximum effort
- 4 = pretty good effort
- 3 = adequate effort
- 2 = limited effort
- 1 = inadequate to no effort



After completing 3-5 runs look at your graph. Do you see any pattern to your run times? What does the graph show you?

My All School Run Graph

Directions for graph

- Write the date at the bottom of each column
- Draw a line in the column indicating your time
- Write your time on that line
- Color each column neatly and differently with colored pencils

Name: _____

Period _____

>10:30																					
10:30																					
10:20																					
10:10																					
10:00																					
9:50																					
9:40																					
9:30																					
9:20																					
9:10																					
9:00																					
8:50																					
8:40																					
8:30																					
8:20																					
8:10																					
8:00																					
7:50																					
7:40																					
7:30																					
7:20																					
7:10																					
7:00																					
6:50																					
6:40																					
6:30																					
6:20																					
6:10																					
6:00																					
5:50																					
5:40																					
5:30																					
5:20																					
5:10																					
5:00																					
4:50																					
4:40																					
4:30																					
4:20																					
4:10																					

"Y" axis label

"X" axis label _____