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Recreation [AAHPER], 1976; Lacy & Marshall, 1984; Razor, 1984). In the second year (1983-84), approximately 125

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the standards for students age ten. □ Body mass index (BMI) =
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ActivityGram. ActivityGram is an
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FitnessGram software where students can monitor and record daily activity patterns. It is an easy to use self-assessed web-based tool, which aims to provide feedback to children so they can learn more about their activity habits, and learn how they can

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curl-ups as possible up to a

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maximum of 75 at a specified pace. □ Student lies on a mat with back flat, head touching, arms outstretched at sides and feet flat with knees up.

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