## **Individual Physical Activities**

(IPA)

Name: Mary Ann T. Rosario Name of Instructor: Deljun Rodreguez

Schedule: \_\_\_\_\_ FB Account: \_Mary Ann Tuastumban Rosario\_ Trimester: 1st Period: Midterm A.Y. 2020-2021

Types of Activities	Individual Activities	Date Perform	Frequency, Time, Game,	Equivalent Points	Date Posted	Remarks
			Matrix			
Level 1	Jogging	9/20/2020	30 mins	.5 pt.	9/24/2020	
Level 1	Walking	9/21/2020	60 mins	1 pt.	9/24/2020	
Level 1	Walking	9/21/2020	30 mins	.5 pt.	9/24/2020	
Level 1	Jogging	9/21/2020	60 mins	1 pt.	9/24/2020	
Level 1	Planking	9/20/2020	120 sec	1 pt.	9/24/2020	
Level 1	Stretching	9/22/2020	30 mins	.5 pt.	9/24/2020	
Level 1	Jogging	9/22/2020	60 mins	1 pt.	9/24/2020	
Level 1	Curl Up	9/22/2020	120 sec	1 pt.	9/24/2020	
Level 1	Planking	9/23/2020	120 sec	1 pt.	9/24/2020	
Level 2	Household	9/23/2020	60 mins	1 pt.	9/24/2020	
	Chores					
Level 1	Squat	9/23/2020	120 sec	1pt.	9/24/2020	
Level 1	Push up	9/23/2020	120 sec	1pt	9/24/2020	
Total Accumulated Points: 10.5						