



Physical Education Contract

Due the week of November 7th- 12th

Dear Student,

As you know, the choices that you make every day play a crucial role in helping you to maintain your health and well-being. Regular physical activity is not only very beneficial to your health but it helps you to build and maintain bone strength and muscle tone. It aids in management of your weight as well as improves self-confidence, helps in developing new social skills and it can even boost your mood.

Young people, ages 5 to 18 years old, should engage in moderate to vigorous intensity aerobic activity for at least 60 minutes every day or at least every other day. Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat but you can still talk in complete sentences. Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. When you're working at this level, you won't be able to say more than a few words without pausing for a breath.

On the back you will find the PE Contract that you will be using this trimester to keep track of your aerobic activities **outside of school, sorry PE class and recess does not count**. This may include but is not limited to sport practices, walking the dog, yard work; any activity that raises your heart rate. Please write down the type of activity and duration of minutes under the days you exercise. For example, if you have basketball practice for 30 minutes after school on Monday and the chore of walking the dog on Tuesday.

Under Monday you would write down basketball practice-30 min.

Under Tuesday you would write down walking the dog-20 min.

If you are sick, have an injury that prohibits you from exercising or just did not have time, please write the reason under those days. **DO NOT** leave the space under that day empty. You should have at least 3 days a week with a minimum of 20 minutes to write on your contract each week.

Honesty and accountability are key.

REMEMBER YOUR CONTRACT IS DUE by: November 7thth-12th



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 Sept. 5 th -11th							
WEEK 2 Sept 12 th -18th							
WEEK 3 Sept 19 th - 25th							
WEEK 4 Sept. 26 th - Oct. 2nd							
WEEK 5 Oct. 3 rd - 9th							
WEEK 6 Oct. 10 th - 16th							
WEEK 7 Oct 17 th - 23rd							
WEEK 8 Oct. 24 th - Oct. 30th							
WEEK 9 Oct 31 st - Nov. 6th							
WEEK 10 Nov. 7 th - Nov. 12th							

Student's Name _____

Class _____

Parent's Signature _____

