




# Contract for Physical Education – First Trimester (for grades 6-8)

Name (please print) \_\_\_\_\_

**Due Date: The week of February 18th to 22nd, 2019**



To satisfactorily complete the 6-week “Contract for Physical Education” as required by the diocese, you must perform a **minimum of 20 minutes of aerobic activity at least three times** a week. Simply write the **type of activity** (running, swimming, etc.) and **duration in minutes**. Parent and student should **sign** below before turning in the contract. **You are on the honor system.** Keep in mind that exercise makes you feel good!

Week 1 Jan. 6th-12th					
Week 2 Jan. 13th-19th					
Week 3 Jan. 20th-26th					
Week 4 Jan. 27th- Feb. 2nd					
Week 5 Feb. 3rd- 9th					
Week 6 Feb. 10th- 16th					
Week 7 Feb. 18th- 22nd	Due This Week.	Place it in the	PE folder in	your classroom.	

\_\_\_\_\_  
Parent’s Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student’s Signature

\_\_\_\_\_  
Grade



## CONTRACT PROVISIONS



In order to complete the contract, you must complete 3 aerobic workouts per week. Some activities are listed below. Any activity that fulfills the definition of “aerobic activity” (any activity that makes you sweat, makes you breathe hard, raises your heart rate to its target level, and lasts for at least 20 minutes) may be included for this contract.

### 20-MINUTE INDIVIDUAL AEROBIC ACTIVITIES (included but not limited to)

Walking (Fast or Power Walking)	Skiing
Jogging/Running	Dancing (Jazz, Tap, Aerobic)
Swimming Laps	Jumping Rope
Bicycling (Continuous Pedaling)	Roller Skating/Rollerblading
Ice Skating	
*Stairmaster	*Nordic Ski Machine
*Ergometer (Exercise Bicycle)	*Rowing Machine

\*EXERCISE MACHINES MAY BE USED WITH PARENT PERMISSION AND SUPERVISION ONLY.

### 45-MINUTE TEAM AEROBIC ACTIVITIES (included but not limited to)

Basketball	Soccer
Tennis	Volleyball
Ice/Street Hockey	Lacrosse
Golf (not Putt Putt)	Cheerleading
Football	Gymnastics
Baseball/Softball	Karate

\*\*Practices for ALL team sports

\*\*Usually practices meet the definition of an aerobic activity listed above. Therefore, if you are on an organized team and go to practices for any of these activities, you may include these practices on the contract..



**Note: Be sure activities are filled in and that you and your parents have signed the contract.**

