




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

Name (please print) _____

Due Date: May 17th, 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 March 31st- April 6th					
Week 2 April 7th-13th					
Week 3 April 14th-20th					
Week 4 April 21st-27th					
Week 5 April 28th- May 4th					
Week 6 May 5th-11th					
Week 7 May 13th-17th	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.

