



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

Name (please print) _____

Due Date: The week of Nov. 12th-16th



To satisfactorily complete the 7-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 Sept. 23rd-29th					
Week 2 Sept. 30th-Oct. 6th					
Week 3 Oct. 7th-13th					
Week 4 Oct. 14th-20th					
Week 5 Oct. 21st-27th					
Week 6 Oct. 28th- Nov. 3rd					
Week 7 Nov. 4th-10th					
Week 8 Nov. 12th-16th	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)
Jogging/Running
Swimming Laps
Bicycling (Continuous Pedaling)
Ice Skating
*Stairmaster
*Exercise Bicycle

Skiing
Dancing (Jazz, Tap, Aerobic)
Raking leaves
Roller Skating/Rollerblading
Playing in the snow/outside
*Nordic Ski Machine
*Rowing Machine

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

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

Basketball
Tennis
Ice/Street Hockey
Golf (not Putt Putt)
Football
Baseball/Softball

Soccer
Volleyball
Lacrosse
Cheerleading
Gymnastics
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.

