

PE CONTRACT

Student's Name _____ Supervisor's Name _____
Advisor's Name _____ Supervisor's Phone Number _____
Semester _____ Number of Credits Contracted _____ Date _____

To earn PE credit by contract you must participate in an activity that improves your physical condition. You must be supervised by a parent, coach or trainer. Supervisors must certify that students complete their activities on a monthly time sheet. Supervisors must finish furnish a phone number in order for the advisor to monitor and verify your progress. Approved PE activities are listed below. Workout shall be a minimum of 20 minutes per session and no more than 2 hours per day. PE session credit will not be granted for any days you are absent from school. Twelve (12) activity hours required for each credit earned.

The maximum number of PE activity time permitted is 7 hours per week.

Your advisor may require you to pass a competency test to determine your final grade.

You may select from the list below for your activity. If your sport/activity is not listed you may list it for approval.

- | | |
|---|--|
| ____ Jogging | ____ Team sport |
| ____ Basketball | ____ Skateboard at skateboard park |
| ____ Bowling | ____ Bicycling |
| ____ Dance class | ____ Physical therapy exercises |
| ____ Golfing (walking) | ____ Hiking/backpacking |
| ____ Softball | ____ Skiing/snowboarding |
| ____ Gym work out | ____ Power walking (w/ medical approval) |
| ____ Badminton | |
| ____ Home workout program (you may use a videotape or a televised exercise show with parent permission) | |
| ____ Workout with weights—with parental supervision or with instructor | |

Other: _____.

The Elk Grove Unified School District and Calvine Staff will not be responsible for any injuries associated with this contract. Always seek medical advise before beginning any exercise program.

Student Signature _____ Date _____.

Parent Signature _____ Date _____.

Advisor Signature _____ Date _____.

