

POTTSTOWN HIGH SCHOOL SENIOR CONTRACT SAMPLES

Listed below are examples of possible contract selections and methods of verification.

1. The student will demonstrate knowledge of and progressive development in physical fitness and conditioning. Evidence of this will be documented in the log book or computer log. Information listed will include time, distance, speed, and level of progression.
2. The student may demonstrate his/her involvement in a group activity by a portfolio and log book describing a choreographed routine in dance, leadership in organizing a swim team activity, or involvement in a camp program.
3. The student may show evidence of involvement in a performance activity by the use of a video and maintaining the log book. The video may show beginning level of performance and ending level of performance or may show a segment of a competitive activity.
4. The student may be involved in a weekly activity such as golf or bowling where weekly records can be maintained and reviewed for improvement levels. Use of pictures may also document activity.
5. Examples of appropriate activities: team sports, intramurals, band camp, club teams, church leagues, YMCA classes, fitness club, workout sessions, working out at high school fitness center, dance classes, bowling leagues, working out at Ricketts Community Center, firemen's training.
6. Not acceptable activities: work, volunteer hours, and working out on own.
7. No more than 2 hours of logged activities are allowed per day
8. Examples of appropriate log activities are available at the Health and Physical Education Department. **Logs are due April 16, 2010.**
9. **If the contract(page 2 of this document) is not turned in by Oct. 1 student will be ineligible for extracurricular activities until the contract is turned in to your advisor. If the final log , reflection and documentation of the project is not turned in to your advisor by April 16,2010 students will not be allowed to participate in extracurricular activities until turned in to your advisor.**
10. **20 hours must be turned in by Jan. 16 or student will not be allowed to participate in extracurricular activities until the hours are turned in.**

These are just examples for students to consider.

The goal is to have physical activity on a regular basis.

SENIOR CONTRACT GRADING

Grading will be of a pass/fail system. Grades will be based on evaluation of the student's log book and progress as documented.

1. Acceptable progress toward goals, i.e., two to three goals need to be identified.
2. Verification by contact person.
3. Acceptable communication of knowledge.
4. Acceptable documentation of progress in log book.

Due October 1, 2009

POTTSTOWN HIGH SCHOOL PHYSICAL EDUCATION CONTRACT PROPOSAL

NAME: _____ **DUE DATE:** Oct. 1, 2009

PROPOSED PROGRAM: (Minimum 2 hours per week, maximum 2 hours per day) 40 hours total

Activity _____ Length _____ Contact Person _____
Phone # _____

Activity _____ Length _____ Contact Person _____
Phone # _____

Activity _____ Length _____ Contact Person _____
Phone # _____

SENIOR PHYSICAL EDUCATION CONTRACT REQUIREMENTS

1. This program will fulfill the senior Physical Education requirement.
2. Record and/or log book must be kept.
3. Two to three goals need to be established at the start of the contract.
4. Proof/verification of activities are videos, demonstrations, research, and/or verification by a contact person.
5. Self-evaluation and reflection must accompany the logs. This is to be a one-page document in size 12 font. The one page includes a reflection on your 40 hours, reiteration of your goals, and an evaluation of your goals. Perhaps included would be what you could do differently to improve the outcome and what you might continue on into the future.

Student signature _____ **Date** _____

Parent signature _____ **Date** _____

Phone Number _____

Goals:

1. _____

2. _____

3. _____
