

Contract for Physical Education  
 Nativity Catholic School

2nd Quarter 2011

**4<sup>th</sup> – 8<sup>th</sup> Graders only \*Students fill out the boxes\***

To satisfactorily complete the 6-week “**Contract for Physical Fitness**”, you must perform a **minimum of 20 minutes of aerobic activity** at least three times a week.  
 Be sure to include **the date, type of activity (running, swimming, etc.) and the duration of the activity in minutes.** Please sign below for verification of the information recorded; and remember... **You are on the honor system. Start Date: Week of 11/13/11–DUE 1/13/12**

<b>Week #1</b> <b>11/13 – 11/19</b>			
<b>Week #2</b> <b>11/20 – 11/26</b>			
<b>Week #3</b> <b>11/27 – 12/3</b> <b>*Interim Due</b> <b>Friday!!!!!!!!!!!!</b>			
<b>Week #4</b> <b>12/4 – 12/10</b>			
<b>Week #5</b> <b>12/11 – 12/17</b>			
<b>Week #6</b> <b>1/8 – 1/14</b> <b>Final DUE</b> <b>Friday!!!!!!!!!!!!</b>			

Student Name \_\_\_\_\_  
 Class \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent Signature (Interim) \_\_\_\_\_

Parent Signature (Final Due Date) \_\_\_\_\_

**Contracts due: Friday, December 2nd for Interim Grade!**

**And due: Friday, January 13th for Final Grade!**