Contract for Physical Education
Nativity Catholic School

3rd Quarter 2012

4th – 8th 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 2/5/12–DUE 3/16/12**

Week #1 **2/5 – 2/11**			
Week #2 **2/12 – 2/18**			
Week #3 **2/19 – 2/25** ***Interim Due Friday!!!!!!!!!!!**			
Week #4 **2/26 – 3/3**			
Week #5 **3/4 – 3/10**			
Week #6 **3/11 – 3/17** **Final DUE Friday!!!!!!!!!!**			

Student Name Class Student Signature

_____ _____

Parent Signature (Interim) Parent Signature (Final Due Date)

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Contracts due: Friday, February 24th for Interim Grade!

And due: Friday, March 16th for Final Grade!