

POTTSTOWN HIGH SCHOOL CONTRACT GYM

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 an ongoing journaling format. Information listed should include specifics of each day's practice or activity.
2. The student may demonstrate his/her involvement in a group activity by a portfolio and log book describing specifics to your involvement with the sport or activity.
3. The student may show evidence of involvement in a performance activity by the use of a video and maintaining a 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. Examples of appropriate activities: team sports, band, show choir, school musical and ROTC PT (all must take place outside of school hours).
5. Not acceptable activities: any non school related activity. This is to help promote school involvement.
6. No more than 2 hours of logged activities are allowed per day
7. Examples of appropriate log activities are available from Health and Physical Education Department. **Logs are due, April 14, 2017.**
8. **If the contract (page 2 of this document) is not turned in by Oct. 14, 2016, student will be ineligible for extracurricular and co-curricular activities until the contract is turned in to your supervising teacher. If the final log, reflection and documentation of the project is not turned in to your supervisor by April 14, 2017, you will not be allowed to participate in extracurricular activities until it is turned in to your supervising teacher.**
9. **Deadlines:**
 - Oct. 14, 2016 – Initial contract description and signatures, approved by supervising teacher**
 - Jan. 13, 2017 – First logged 20 hours of contract completion**
 - Apr. 14, 2017 – Full logged 40 hours of contract and completion of 1 page reflection paper**
10. **The last day to accept any contracts will be 5 school days before senior final exams begin.**
11. Failure to complete contract as a senior will result in not walking at graduation and student will not receive their diploma until the contract is satisfactorily completed.

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

SENIOR CONTRACT GRADING

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

1. Acceptable progress toward (measurable) goals, i.e. three goals must be approved by your supervising teacher.
2. Verification by contact person.
3. Acceptable communication of knowledge.
4. Acceptable written documentation of progress in log book and or health club print outs.
5. Student meeting with supervising teacher to turn in goals and final contract. (student driven)
6. Student may be asked to complete or demonstrate exercises or be questioned about their contract experience.