

**POTTSTOWN HIGH SCHOOL PHYSICAL EDUCATION
CONTRACT PROPOSAL**

NAME: _____ **DUE DATE:** Oct. 14, 2016

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 a Physical Education .5 credit requirement.
2. Record and log physical activity. This documentation must be typed in a journaling format minimum of 3 sentences or 5 bullets per login.
3. Three goals need to be established at the start of the contract, and approved by supervising teacher.
4. Proof/verification of activities can be videos, demonstrations, and/or verification by a contact person.
5. Self-evaluation and reflection must accompany the logs. This is to be a one-page typed document in size 12 font, double spaced. 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 doing in the future.

Student signature _____ **Date** _____

Parent signature _____ **Date** _____

Phone Number _____

Goals:

1. _____

2. _____

3. _____
