

Physical Education

Physical education credit is earned through planned field trips to the gymnasium and student contracts. All students must complete a Physical Education Contract and track all activities.

Contract Requirements

Select Approved Activity

Suggestions: Any home school intramural or team sport: hockey, roller skating, football, basketball, aerobics, weight lifting, martial art, running (boys 1 mile in 8 min., girls 1 mile in 10 min.), walking (pregnancy), bowling (18 lines), golf (par 3 or pitch and putt), racquetball, bicycling, softball or camping/backpacking. The physical education teacher must approve any other activity.

Required Hours for Activities

$\frac{1}{4}$ (.25) credit: 18 hours of participation (camping or backpacking must be done 3 times)

$\frac{1}{2}$ (.50) credit: 36 hours of participation (camping or backpacking must be done 3 times)

Requirements for Written Report

- $\frac{1}{4}$ (.25) credit: Either four (4) neatly handwritten pages or two (2) typed pages in 12 point print and single or 1.5 spacing between lines.
- Include a complete description of the activity in which you participated (who was with you, where you took part in the activity).
- What were the goals or benefits you received from participation besides the credit earned (e.g., weight loss, muscle toning, and improved skill level)?
- What special equipment was used?
- What type of clothes did you wear?
- What expenses were involved (fees, licenses, equipment)?
- Did you enjoy the activity? Why or why not?
- Would you participate in this activity later in life?

**Performance Learning Center
Physical Education Contract**

Student Name _____ **School District** _____

Physical Education Credit Needed _____

Proposed Activities _____

Length of Time for Proposed Activities _____

Location of Activities _____

Date(s) of Activities _____

Site Supervisor's Name _____

Telephone Number _____

Approved Signatures

Site Supervisor _____ **Date** _____

PLC Academic Coordinator _____ **Date** _____

PLC Learning Facilitator _____ **Date** _____

PLC Student _____ **Date** _____

