

Grace Christian Middle School Independent PE Contract

Supervising Teacher: Mr. Endermann
iendermann@gracelcms.net

This Independent PE Contract is designed to fulfill the requirements of a regular PE program during the 2021-2022 school year. Students will need to log 26 hours in the first trimester, 30 hours in the second trimester, and 30 hours in the third trimester. Each individual activity may count for up to 1.5 hours of credit and should be measured in quarter hours. See table below for reference:

15 min	30 min	45 min	60 min	75 min	90 min
0.25 hr	0.5 hr	0.75 hr	1.0 hr	1.25 hr	1.5 hr

Students who reach the hour requirement for the trimester will receive a passing score. Students who do not reach the hour requirement will receive no credit.

Activities must promote the development of motor skills and physical fitness with a clear focus on the development of cardiovascular endurance, strength training, and/or flexibility. If this is not possible, students must provide a doctor's note and may instead complete any adaptive or corrective exercises as permitted by a physician. For each unique activity listed on the log, students must provide a brief description of the activity and an explanation of how it meets the criteria outlined at the beginning of this paragraph.

Logs will be due a week before midterm and a week before the end of each trimester. They may be turned in physically, on Google Classroom, or by emailing an image to Mr. Endermann. Logs must be turned in promptly so that there is adequate time for them to be reviewed and recorded. Late logs run the risk of receiving no credit for the midterm or trimester.

Due dates:

Midterm 1	Trimester 1	Midterm 2	Trimester 2	Midterm 3	Trimester 3
Sept 17	Oct 29	Jan 7	Feb 17	Apr 8	May 20

AFTER SCHOOL PROGRAMS:

At Grace:

Participation in Grace's after school sports program for an entire trimester will satisfy the PE requirements for that trimester without having to turn in an Independent PE Log. Students who participate in Grace's after school sports program for only part of a trimester will receive 3.5 hours of credit for each week of participation, but these hours must be recorded on their Independent PE Log. This may be entered weekly instead of daily as 3.5 hours on the log for each week.

Other Extracurricular Program:

Participation in an extracurricular athletic program for at least 30 hours in a trimester will satisfy the PE requirements for that trimester. This can be recorded in the Extracurricular Program section of the log without needing to log hour by hour and requires a coach's signature. If the program does not account for at least 30 hours, activities need to be recorded on the log individually up to 1.5 hours at a time.

Date: _____

Student Name: _____

Student Signature: _____

Parent/Guardian Signature: _____