

Contract Physical Education

What: Attend a local fitness center and be financially liable for the cost. This program must be overseen by an employee at a local fitness facility.

When: You will be given a regular physical education class in your schedule. Once you follow the criteria below and you qualify, you will be placed into Contract PE. Please note that your regular PE grade will follow you into Contract PE.

Where: Any local fitness center.

Why: For students who need to work out at a local gym in lieu of a PE during the school day. Must have administration approval.

How: Any interested student should follow the steps below to see if they qualify.

-Meet with their guidance counselor to see if it fits into their schedule.

- Get approval from guidance and senior principal.

- Once approval is given they need to fill out the PE Agreement and get copies of the contract from the gym they will be attending.

-Once all necessary Contract PE paperwork is handed into Mrs. Geruc, she will let guidance know and your schedule will be switched.

-Any student who failed Contract PE, during any marking period, will be placed back into regular physical education.

Assignments:

-All PE Contracts, weekly forms, online workouts, fitness charts and response prompts can be found and printed out on the Mrs. Geruc’s website.

-Weekly forms are worth two hours a week. They are due weekly and must be filled out in detail to receive full credit. A weekly print out of workouts from the gym needs to accompany the weekly forms.

- Students are required to keep a class binder that will be checked throughout the marking periods.

-The binder will include weekly fitness charts, student responses, and documentation printouts from local gym facilities.

Please feel free to email Mrs. Geruc at ageruc@neshaminy.org with any questions.