
	<b>MERIVALE HIGH SCHOOL</b> Health and Physical Education Department		Student's Name:	
			Teacher's Name:	
			Course Code:	Period:
	 <b>PERSONAL FITNESS CONTRACT</b>			

It has been shown that an adequate level of physical fitness is important to an individual's overall well being and self-esteem. The Health and Physical Education Department of Merivale High School believes in the value of fitness awareness and personal development; therefore, 50% of the summative mark has been assigned to this area (**THIS MEANS 15% OF THE FINAL MARK**).

Each student must choose one of the following fitness programs that best represents both his/her current fitness level and future expectations. At the end of the semester, when all of the requirements have been met, the corresponding grade will be assigned. An achievement that is greater than the chosen level may result in a higher mark. Failure to complete the selected contract level will result in a lower mark.

To reach the desired level of achievement, the student must demonstrate that they have consistently met the criteria or have continually improved their performance in the required tests. The student must also **ACTIVELY** participate in all classes, log all weight training sessions and clearly identify 2 personal fitness goals. The achievement levels are listed below.

LEVEL	CRITERIA	MY GOAL
10 (above 90%)	The student must achieve a minimum of level "10" on the beep test The student must run at least 20 laps or 8.0K per week The student must acquire 5 leadership points	
9 (above 80%)	The student must achieve a minimum of level "9" on the beep test The student must run at least 18 laps or 7.2K per week The student must acquire 4 leadership points	
8 (above 70%)	The student must achieve a minimum of level "8" on the beep test The student must run at least 16 laps or 6.4K per week The student must acquire 3.5 leadership points	
7 (above 60%)	The student must achieve a minimum of level "7" on the beep test The student must run at least 14 laps or 5.6K per week The student must acquire 3 leadership points	
6 (above 50%)	The student must achieve a minimum of level "6" on the beep test The student must run at least 12 laps or 4.8K per week The student must acquire 2 leadership points	
R	The student must select a passing achievement level. If this is unattainable, a conference must be arranged between the student, parent/guardian and teacher to address this issue	

