

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

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 "7" on the beep test The student must run at least 15 laps or 6.0K per week The student must acquire 5 leadership points	
9 (above 80%)	The student must achieve a minimum of level "6" on the beep test The student must run at least 13 laps or 5.2K per week The student must acquire 4 leadership points	
8 (above 70%)	The student must achieve a minimum of level "5" on the beep test The student must run at least 11 laps or 4.4K per week The student must acquire 3.5 leadership points	
7 (above 60%)	The student must achieve a minimum of level "4" on the beep test The student must run at least 9 laps or 3.6K per week The student must acquire 3 leadership points	
6 (above 50%)	The student must achieve a minimum of level "3" on the beep test The student must run at least 8 laps or 3.2K 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	

PERSONAL FITNESS GOALS

In the space below, identify at least 2 personal fitness goals for this semester. Goals should adhere to the S.M.A.R.T. principle. Include the area(s) that need improvement and the method to be employed in the process.

S	Specific	<input type="checkbox"/> Clarify exactly what you want to accomplish or be able to do <input type="checkbox"/> Identify the exact target
M	Measurable	<input type="checkbox"/> Has a starting point and describes how you'll be once you've reached your goal. <input type="checkbox"/> Goals need to be made in a series of small steps so you can see change
A	Attainable	<input type="checkbox"/> Is it possible? Must be personally owned and not imposed by others <input type="checkbox"/> Must be a goal that can be accomplished and is within your abilities and control
R	Realistic	<input type="checkbox"/> Is it probable or likely? <input type="checkbox"/> Must not be too easy or difficult or you could be discouraged and give up
T	Time Framed	<input type="checkbox"/> What are the timelines? <input type="checkbox"/> This will help to promote commitment to the goal and helps you pace your efforts

FIRST GOAL

SECOND GOAL

THIRD GOAL (OPTIONAL)

CONTRACT

Failure to complete this form assumes that LEVEL 6 option has been chosen and the student will be evaluated accordingly.

I, _____, agree to successfully complete fitness level _____. This guarantees a minimum mark of _____ % for the fitness component of the summative evaluation when all criteria have been successfully met. I understand that if this program is not completed, my summative mark will be lowered significantly.

Student Signature
Witness
Date