

Physical Education 10 Contract



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Dear Parents,

You are receiving this letter because your son or daughter is taking Physical Education 10 as an online class. Physical Education 10 is a requirement by Alberta Education to graduate from all high schools in Alberta. There is a physical activity portion to this course that requires your son/daughter to be active for 90 hours. 40 of these hours are chosen by the student, and the other 50 are broken down into the 5 different activity strands mandated by Alberta Education to complete in Physical Education 10. These include dance, individual activities, alternative environments, games, and gymnastics.

Students will be logging their hours through the free fitness app myfitnesspal. Every 2 weeks students must upload their activity into the specific dropbox in this course, and give themselves a grade out of 5 for their participation/effort for the 2 weeks of activity. They also must have either a parent/guardian/coach/trainer/mentor/etc. sign off on these 2 week activity hour submissions, stating that the student completed this activity. This form will be handed in once a month directly to the Physical Education Teacher.

As your son/daughter's Physical Education Teacher, I would really appreciate your help in getting your child to be active. Physical Education in the HUB is a demanding course. It requires dedication, consistency, and students must want to be active on their own time. Any support in getting them active, and making healthy choices would greatly help them achieve their goals they will be setting for this course.

If you have any questions or concerns, you may email me and I will gladly discuss your concern. Thanks in advance.

Marie Adams
Physical Education 10 Contract



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This contract indicates that student and his/her parent/guardian(s) understand the expectations of the Physical Education 10 online course. Please read and initial the following expectations:

- Students must log all activity through myfitnesspal – If the student does not own a device, computer access to the myfitnesspal site is available.
- Students must complete 90 hours of activity throughout the semester – 40 hours of choice activity and 50 hours broken down into 5 activity strands: dance, gymnastics, alternative environments, individual activities, games. If this section is not completed the student will forfeit 55% of his/her overall grade.
- Social Media will be used (as a bonus) for students to show how they are getting active outside of school hours utilizing #activefsd. Bonus marks will be given to each student who utilizes this source.
- Snap shots of the students Social Media feeds to display their activity will be included in their final Sportfolio for each of the 5 activity strands, to help indicate their participation in the different strands of activity.
- Students must log into the Physical Education 10 course once a week to complete the weekly discussion posting – This allows for the Teacher to ensure the student is keeping up with the assigned work in the course.
- Students must create and complete active fitness goals that will be monitored throughout the semester. These goals will be assessed 3 times in the semester in order to see growth and development. Students will reflect on these goals and indicate their journey in their final Activity Sportfolio. If this section is not completed the student will forfeit 5% of his/her overall grade.
- Students will be given a physical skill to learn throughout the semester. A pre and post-test will be completed and marks will be given based on improvement and reflection of progress. If this section is not completed the student will forfeit 15% of his/her overall grade.
- If the student has not logged into the PE 10 course in the first two weeks they must come see Ms. Adams in the HUB (room 120 at FCHS); or through email/message/phone only for students located at Highwood or Oilfields. An email will be going home at this time to indicate the issue.
- If after 3 weeks a student has not logged into the course or come to see Ms. Adams they will be locked out of the course and sent to their administrator, and further unenrolled from the Physical Education 10 course if they have not logged in within one week of this conversation.



— **This form must be signed and returned to Ms. Adams before the student may have access to the course material.*

I, _____ understand the expectations of the Physical Education 10 in the HUB course. By signing this contract I and my parent/guardian agree to follow the expectations of this course, otherwise I will be unenrolled or accept a failing grade in this course.

Student Name: _____

Date: _____

Parent/Guardian Name: _____

Date: _____

