

School Year – 2018-2019

Dear CTC Student:

Please read carefully:

Your high school has indicated that you are required to complete Contract Physical Education. Attached you will find your Contract Physical Education form. Please follow the directions on the form. Nine weeks of activity must be completed for each marking period. In addition, your parent or guardian **must** sign at the bottom of the form.

Below is the schedule of due dates for each quarter. You will receive a 0 for each quarter that a **TOTALLY** completed form is not handed in **by the due date**. There will be no exceptions or extensions. The forms must be turned in to Mrs. Tiru in the CTC Guidance Office, at which time you should pick up a new form for the next quarter.

<b>Marking Period</b>	<b>Due Date</b>
MP 1	10/30/2018
MP 2	01/16/2019
MP 3	03/25/2019
MP 4	<b>05/17/2019</b>

Snow days will not change these due dates.



<b>Sport or Activity</b>	<b>Develops Cardiovascular Fitness</b>	<b>Develops Strength</b>	<b>Develops Muscular Endurance</b>	<b>Develops Flexibility</b>	<b>Helps Control Weight</b>
Aerobics	Good	Poor	Fair	Fair	Good
Archery	Poor	Fair	Poor	Poor	Poor
Backpacking	Good	Good	Excellent	Fair	Good
Badminton	Good	Poor	Fair	Fair	Good
Baseball	Poor	Poor	Poor	Poor	Fair
Basketball	Excellent	Poor	Fair	Poor	Good
Bicycling	Excellent	Poor	Fair	Poor	Good
Bowling	Poor	Poor	Poor	Poor	Poor
Canoeing	Fair	Poor	Fair	Poor	Fair
Dance, Ballet	Good	Good	Good	Excellent	Fair
Dance, Disco	Good	Poor	Good	Fair	Good
Dance, Modern	Good	Fair	Good	Excellent	Good
Dance, Social	Fair	Poor	Fair	Poor	Fair
Fencing	Fair	Fair	Good	Fair	Fair
Football	Fair	Good	Fair	Poor	Fair
Golf (walking)	Fair	Poor	Poor	Fair	Fair
Gymnastics	Fair	Excellent	Excellent	Excellent	Fair
Handball	Good	Poor	Good	Poor	Good
Hiking	Good	Fair	Excellent	Fair	Good
Horseback Riding	Poor	Poor	Poor	Poor	Poor
Judo	Poor	Fair	Fair	Fair	Poor
Karate	Poor	Fair	Fair	Fair	Poor
Mountain Biking	Excellent	Fair	Excellent	Poor	Good
Mountain Climbing	Good	Good	Good	Poor	Fair
Pool, Billiards	Poor	Poor	Poor	Poor	Poor
Racquetball, Paddleball	Good	Poor	Good	Poor	Good
Roller Blading	Good	Poor	Fair	Poor	Good
Rowing, Crew	Excellent	Fair	Excellent	Poor	Excellent
Running	Excellent	Poor	Fair	Poor	Excellent
Sailing	Poor	Poor	Poor	Poor	Poor
Skating, Ice	Good	Poor	Good	Poor	Fair
Skating, Roller	Fair	Poor	Fair	Poor	Fair
Skiing, Cross-Country	Excellent	Fair	Good	Poor	Excellent
Skiing, Downhill	Poor	Fair	Fair	Poor	Poor
Soccer	Excellent	Fair	Good	Fair	Good
Softball (fast)	Poor	Poor	Poor	Poor	Fair
Softball (slow)	Poor	Poor	Poor	Poor	Fair
Surfing	Fair	Poor	Good	Fair	Fair
Swimming	Good	Fair	Good	Fair	Good
Table Tennis	Poor	Poor	Poor	Poor	Poor
Tennis	Fair	Poor	Fair	Poor	Fair
Volleyball	Fair	Fair	Poor	Poor	Poor
Weight Training	Poor	Excellent	Fair	Poor	Good
Waterskiing	Fair	Fair	Fair	Poor	Poor