**Belair Middle School Physical Education Contract**
*School Year: 2025 – 2026*



**Student Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Grade:** 6 - 8
**PE Teacher:** Williams and Lord

**Purpose of this Contract**

Physical Education (PE) is an essential part of the middle school curriculum. It promotes physical fitness, teamwork, sportsmanship, and the development of lifelong healthy habits. This contract outlines the expectations and responsibilities regarding participation, medical exemptions, and curriculum content.

**1. Mandatory Participation**

* All students are **required to participate** in PE classes, unless a valid medical excuse is provided.
* Full participation includes dressing out (if applicable), engaging in activities, following instructions, and showing respectful behavior.
* Participation is a key component of the PE grade.

**2. Medical Notes / Non-Participation Policy**

* If a student cannot participate due to illness or injury:
	+ A **parent/guardian note** may excuse participation **for up to 2 consecutive days.**
	+ A **doctor's note** is required for **3 or more consecutive days** of non-participation.
* The note must clearly state the limitation and expected duration of non-participation.
* Students with excused non-participation will be given **alternate assignments** to maintain their grade **that will be turned in at the end of the period for that day.**

**3. PE Curriculum Overview**

Students will participate in a variety of activities designed to improve fitness, coordination, and knowledge of health and wellness. These may include:

**Fitness & Wellness:**

* Cardiovascular endurance exercises (running, circuit training)
* Strength and flexibility activities
* Personal fitness assessments

**Sports & Games:**

* Soccer, basketball, volleyball, flag football
* Track and field events
* Cooperative games and team-building exercises

**Health Concepts:**

* Basic anatomy and muscle groups
* Principles of fitness (FITT: Frequency, Intensity, Time, Type)
* Nutrition and lifelong health habits

**4. Student Expectations**

* Come prepared with appropriate PE attire (if required).
* Demonstrate effort, cooperation, and a positive attitude.
* Follow all safety guidelines and instructions.
* Participate everyday unless

**Acknowledgment**

By signing below, I acknowledge that I have read and understand the expectations for the Physical Education program. I agree to participate to the best of my ability and follow the rules outlined above.

**Student Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_

**Teacher Signature (optional):** Williams/Lord Date: 8/5/2025