

GB Exercise Ball Contract

This year, our class will be using exercise balls in our classroom. The purpose of these exercise balls being used as chairs is to help students focus as well as increasing the strength of their body's core muscles. It will also improve student posture.

In order for our class to successfully implement the use of exercise balls for chairs, there are a few rules students will be expected to follow. Please read through these with your child and sign the contract with them.

When in a classroom with exercise balls, I will:

1. Not throw or kick the exercise balls;
2. Keep both feet on the floor when using it as a chair;
3. Stop bouncing on the ball when told or asked;
4. Not write on or poke at the exercise ball;
5. Clean the ball at the end of each week;
6. Replace the exercise ball if I damage it (~~\$\$~~20/ball).

Students will receive one warning. Choosing not to follow these rules will result in loss of privileges for two full weeks.

I have read, understand, and agree to the GB Exercise Ball Contract.

Student signature

Parent Signature

Also, we are open to any donations of exercise balls. If you are willing or able, please contact either 6th grade teacher ☺

- Ms. Bowman