

Physical Activity Contract

In 2008, the Iowa Legislature enacted “the Healthy Kids Act,” requiring that all students in grades 6 – 12 engage in physical activity for a minimum of 120 minutes per week in which there are at least five days of school. The law also requires that we monitor how students fulfill this requirement.

Please fill out the items below, sign (both student and parent/guardian), and return to the school by _____ (Date). If you have any questions, call: 712-837-5211.

Name of Student: _____ Grade: _____ Current School Year _____

School activities that student will be involved in during the current school year (include estimate of minutes per week):

FALL	WINTER	SPRING
Football _____	Basketball _____	Track _____
Volleyball _____	Wrestling _____	Golf _____
Swimming _____	Swimming (boys) _____	Soccer _____
Cheerleading _____	Show choir _____	Baseball _____
	Cheerleading _____	Softball _____
	_____	_____

* Non-school activities (may include non-school sport teams, gymnastics, dance, individualized exercise program, etc.) that student will be involved in during the current school year.

Signature of Student: _____ Date Signed: _____

Signature of Parent/Guardian: _____

Signature of Building Principal: _____