

Physical Activity Contract 2016-2017 School Year

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, and return to the school by August 23, 2016. If you have any questions, call 641-732-3102.

Name of Student: _____ Grade _____

School activities that student will be involved in during the 2016-2017 school year:

Cross Country_____	Football_____	Volleyball_____	Golf_____
Bowling_____	Wrestling_____	Basketball_____	Track and Field_____
Swimming_____	Tennis_____	Soccer_____	Baseball_____
Softball_____	Marching Band_____	Show Choir_____	Cheerleading_____
Drill Team_____	Pom Squad_____	Trapshooting_____	

Non-school activities that student will be involved in during the 2016-2017 school year. This may include non-school sport teams, gymnastics, dance, farm chores, individualized exercise program, etc. Describe the activities and estimated time student participates per week:

(eg: I attend private dance lessons 2x/week for a total of 100 minutes, plus I will walk two miles everyday for another 150 minutes each week.)

Signature of Student _____ Date Signed _____

Signature of Parent/Guardian: _____

Signature of Building Principal: _____