

# Physical Activity Contract

# 2023-24

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 school by August 4, 2023 with registration paperwork.

Name of student: \_\_\_\_\_ Grade (2023-2024): \_\_\_\_\_

School activities that student will be involved in during the 2022-2023 school year:  
(Include an estimate of minutes per week. You do not need to call the school for the minutes as it does not need to be precise.):

| <u>FALL</u>        | <u>WINTER</u>      | <u>SPRING</u>      |
|--------------------|--------------------|--------------------|
| Cross Co. _____    | Basketball _____   | Track _____        |
| Football _____     | Wrestling _____    | Golf _____         |
| Volleyball _____   | Bowling _____      | Tennis _____       |
| Swimming _____     | Swimming _____     | Soccer _____       |
| Show Choir _____   | Show Choir _____   | Baseball _____     |
| Cheerleading _____ | Cheerleading _____ | Softball _____     |
| Pom squad _____    | Pom squad _____    | Pom squad _____    |
|                    |                    | Trapshooting _____ |

Other\* (what, when, how many minutes per week)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*Non-school activities (may include non-school sports teams, gymnastics, dance, individualized exercise program, etc.) that student will be involved in during the 2023-24 school year.

Signature of Student: \_\_\_\_\_ Date signed: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Signature of Building Principal: \_\_\_\_\_

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