

# Physical Activity Contract

## 2022-2023 School Year

Please print and fill out appropriately and return to the High School Office.

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 August 24, 2022

**Name of Student:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

School activities that student will be involved in during the school year \_\_\_\_\_

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Cross Country	Basketball	Track
Football	Wrestling	Golf
Volleyball	Bowling	Soccer
Swimming	Show Choir	Softball
Marching Band	Cheerleading	
Cheerleading	Drill Team	
Trapshooting		

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

**Signature of Student:** \_\_\_\_\_

**Date Signed:** \_\_\_\_\_

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

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