

Physical Activity Contract for the 2018-2019 School Year

In 2008, the Iowa Legislature enacted "The Health Kids Act", requiring that all students in grades 7 – 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 23, 2018. If you have any questions, please call Rob Brecht at 379-3114.

Name of Student: _____

Grade 2018-2019: _____

School activities that student will be involved in during the 2018-2019 school year (include estimate of minutes per week):

FALL

Cross Country _____
Football _____
Volleyball _____
Flags _____
Marching Band _____
Cheerleading _____

WINTER

Basketball _____
Wrestling _____
Cheerleading _____

SPRING

Track _____
Golf _____
Tennis _____
Baseball _____
Softball _____
Flags _____

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 2018-2019 school year.

Signature of Student: _____

Date Signed: _____

Signature of Parent/Guardian: _____

Date Signed: _____

Signature of Principal: _____

Date Signed: _____