

## PHYSICAL ACTIVITY

### Daily Physical Education

The school district will provide physical education that:

- is daily (The Centers for Disease Control and Prevention recommends at least 150 minutes a week for elementary students and 225 minutes a week for middle and high school students);
- is for all students in grades K-12 for the entire school year;
- is taught by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

### Daily Recess

Elementary students will have recess that:

- is at least 20 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- discourages extended periods (i.e., periods of two or more hours) of inactivity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, the school will give students periodic breaks during which they are encouraged to stand and be moderately active.

***Note - Iowa law now requires elementary students, K-5, to have 30 minutes of physical activity, not physical education, per day. This requirement can be met through a combination of PE, recess, classroom and other activities. Middle and high school students must have at least 120 minutes of physical activity per week. Again this is not just physical education but can be met with a combination of PE, school and non-school sponsored athletics and other activities where the body is exerted. Should a student wish to meet the requirement outside of school, the student and school district must have an agreement detailing the outside activity. A physical activity sample agreement is attached.***

Legal Reference: Iowa Code 256.11

Approved \_\_\_\_\_

Reviewed \_\_\_\_\_

Revised \_\_\_\_\_

## Physical Activity Contract for the 2017-2018 School Year

In 2008, the Iowa Legislature enacted “the Healthy 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, 2017. If you have any questions, call Rob Brecht at 379-3114.

Name of Student: \_\_\_\_\_ Grade (2015-16): \_\_\_\_\_

School activities that student will be involved in during the 2017-18 school year (include estimate of minutes per week):

| <b>FALL</b>         | <b>WINTER</b>      | <b>SPRING</b>  |
|---------------------|--------------------|----------------|
| Cross country _____ | Basketball _____   | Track _____    |
| Football _____      | Wrestling _____    | Golf _____     |
| Volleyball _____    | Cheerleading _____ | Tennis _____   |
| Flags _____         | _____              | Baseball _____ |
| Marching band _____ | _____              | Softball _____ |
| Cheerleading _____  | _____              | Flags _____    |

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 2017-18 school year.

Signature of Student: \_\_\_\_\_ Date Signed: \_\_\_\_\_

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

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