

# Physical Activity Contract

## 2019-2020 School Year

In 2009, 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 Friday, August 24. If you have questions, call 436-5600 for Middle School or 436-5700 for High School.

Name of Student: \_\_\_\_\_ Grade (2019-20): \_\_\_\_\_

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

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Cross Country _____	Basketball _____	Track _____
Football _____	Wrestling _____	Soccer _____
Volleyball _____	Swimming _____	Golf _____
Swimming _____	Bowling _____	
Cheerleading _____	Cheerleading _____	
Marching Band _____	Dance _____	

\*Minutes in physical education class count toward fulfilling this requirement. Students will have either 120 or 80 minutes of physical education weekly, depending on their schedule.

Other \*(what, when, how many times 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 2018-2019 school year.

\*Similar endeavors that involve movement, manipulation, or exertion of the body, including work activities such as on the family farm or other work meeting the definition of physical activity.

We verify that this student will be active for at least 120 minutes per week when all his/her activities, as indicated above, are totaled.

Student's Printed Name: \_\_\_\_\_

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

Parent's Printed Name \_\_\_\_\_

Signature of Parent: \_\_\_\_\_ Date signed: \_\_\_\_\_

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

**Healthy Kids Act 2009**  
**Enacted by the 2009 Iowa Legislature**  
**Effective July 1, 2009**

**Physical activity timeline** – Beginning July 1, 2009, school districts must ensure that physically able pupils in grades six through twelve shall engage in physical activity for a minimum of 120 minutes per week in which there are at least five school days of school.

**Physical activity overview** – First, “physical activity” means *“any movement, manipulation, or exertion of the body that can lead to improved levels of physical fitness and quality of life.”* Students in grades six through twelve may meet the 120-minute physical activity requirement by participation in the following activities including, but not limited to:

1. Interscholastic athletics sponsored by the Iowa High School Athletic Association or Iowa Girls High School Athletic Union;
2. School-sponsored marching band, show choir, dance, drill, cheer, or similar activities;
3. Non-school gymnastics, dance, team sports, individual sports; or
4. Similar endeavors that involve movement, manipulation, or exertion of the body. (This may include work activities, such as on the family farm or other work, if work meeting the above definition of physical activity is involved.)

If the physical activity is to be met in full or in part by a student using one or more non-school activities, then the school shall enter into a written agreement with the student. The **written physical activity agreement** must meet the following requirements:

1. It shall state the nature of the activity and the starting and ending dates of the activity, and shall provide sufficient information about the duration of time of the activity each week.
2. It shall be signed by the school principal or principal’s designee.
3. It shall be signed by at least one parent or guardian of the student if the student is a minor.
4. It shall be signed by the student, regardless of the student’s age.
5. The agreement may be no longer than one school year.

If a student’s parent or guardian files a written statement with the school principal that the physical activity requirement conflicts with the student’s religious beliefs, then the school shall not require the performance of such activities.