

Physical Activity Contract 2016-2017 School Year

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 23, 2016**. This form needs to be filled out each year. If you have any questions, call the MS/HS Office at 641-347-8421.

Name of Student: _____ Grade (2016-2017): _____

School activities that student will be involved in during the 2016-2017 school year (include estimate of minutes per week):

FALL	WINTER	SPRING
Cross country _____	Basketball _____	Track _____
Football _____	Wrestling _____	Golf _____
Volleyball _____	Drill team _____	Baseball _____
Archery _____		Softball _____
Marching band _____		
Cheerleading _____		
Drill team _____		
Trapshooting _____		

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

*Non-school activities (may include non-school sport teams, gymnastics, dance, and individualized exercise program, etc.) that student will be involved in during the 2016-2017 school year.

Signature of Student: _____ **Date Signed:** _____

Signature of Parent/Guardian: _____

Signature of Building Principal: _____