

Physical Activity Contract

2010-2011 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 25AUG10. If you have any questions, call: 319-695-3705 or 7007.

Name of Student: _____ Grade (2010-2011): _____

Students will be enrolled into P.E. (48 minutes) every other day and students will go out to recess each day after lunch for 6 minutes (30 minutes per week).

School activities that student will be involved in during the 2010-11 school year (include estimate of minutes per week for other activities not listed):

Please circle each activity that applies.

FALL		WINTER		SPRING	
Cross country	<u>700</u>	Basketball	<u>700</u>	Track	<u>700</u>
Football	<u>700</u>	Wrestling	<u>700</u>	Baseball	<u>700</u>
Volleyball	<u>700</u>	Cheerleading	<u>700</u>	Softball	<u>700</u>
Marching band	<u>225</u>		_____		_____
Cheerleading	<u>700</u>		_____		_____
	_____		_____		_____
	_____		_____		_____

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 2010-11 school year.

Signature of Student: _____ Date Signed: _____

Signature of Parent/Guardian: _____

Signature of Building Principal: _____