



## 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.

Name of Student: \_\_\_\_\_ Grade (2016-2017): \_\_\_\_\_

Homeroom Teacher: \_\_\_\_\_

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

Physical Education class – minutes per week: 64

FALL	WINTER	SPRING
Cross Country _____	Basketball _____	Track _____
Football _____	Wrestling _____	Golf _____
Volleyball _____	Bowling _____	Softball _____
Swimming (girls) _____	Swimming (boys) _____	Soccer _____
Marching Band _____	Cheerleading _____	Baseball _____
Cheerleading _____		

Other\* (what, when, how many minutes per week {ex: I attend private dance lessons 2x a week for a total of 100 minutes, plus I walk two miles every day for another 150 minutes each week})

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*Non-school activities (may include non-school sport teams, gymnastics, dance, individualized exercise program, city recreation activities, working on the family farm, after school job, 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: \_\_\_\_\_



**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 grade 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 nine through twelve may meet the 120 minutes 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 at the local grocery store, 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 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 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 on 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.