

**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 school. If you have any questions, contact Angela Livezey or Doug Ray at (641)637-4187.

**Name of Student** \_\_\_\_\_ **Grade in 2016-2017** \_\_\_\_\_

**School activities** that student will be involved in during the 2015-2016 school year:  
(Please check all that apply.)

Cross Country	Football	Volleyball	Marching Band
Wrestling	Basketball	Cheerleading	Dance Team
Track	Golf	Archery Club	Clay Target Shooters Club
Baseball	Softball	FFA	C.E.R.T.

Non-school activities (may include non-school sport teams, gymnastics, dance, individualized exercise program, farm chores, walking, biking, bowling, swimming, rodeo, etc.) that student will be involved in during the 2015-2016 school year, including description of the activities and estimated time student participates per week: (e.g.: I attend private dance lessons 2 times a week for at total of 100 minutes, plus I walk 2 miles every day for another 150 minutes each week.)

*Students must still take a minimum of two class periods of Physical Education classes at school. This does not waive that state requirement. Students who do not have additional activities to check off or list above may be required to take a third class period of P.E. each week. Activities are counted only while in season and while the student is participating.*

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

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

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