

**PHYSICAL ACTIVITY CONTRACT  
2023-2024 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 Tim Veiseth, Josh McCollum, or Josie Moore at (641)637-4187.

Name of Student \_\_\_\_\_ Grade in 2023-2024 \_\_\_\_\_

**School activities** that student will be involved in during the 2023-2024 school year:  
(Please check all that apply.)

<input type="checkbox"/> Cross Country	<input type="checkbox"/> Football	<input type="checkbox"/> Volleyball	<input type="checkbox"/> Marching Band
<input type="checkbox"/> Wrestling	<input type="checkbox"/> Basketball	<input type="checkbox"/> Cheerleading	<input type="checkbox"/> Dance Team
<input type="checkbox"/> Track	<input type="checkbox"/> Golf	<input type="checkbox"/> Archery Club	<input type="checkbox"/> Clay Target Shooters Club
<input type="checkbox"/> Baseball	<input type="checkbox"/> Softball	<input type="checkbox"/> FFA	

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 2022-2023 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.)

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*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 \_\_\_\_\_