

PHYSICAL ACTIVITY CONTRACT

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 McCollam at (641)637-4187.

Name of Student _____ School Year _____ Grade _____

School activities that student will be involved in during the 2026-2027 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	

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 current 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 _____

Signature of Parent/Guardian _____

Date Signed _____

Signature of Building Principal _____

Date Signed _____