

# West Burlington Jr-Sr High School

## Physical Activity Contract

### 2018-2019 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 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 August 23, 2018. If you have any questions, call 319-752-7138 and ask for the appropriate grade level principal.

Name of Student: \_\_\_\_\_ Grade (2018-19): \_\_\_\_\_

School activities that the student will be involved in during the 2018-19 school year (include estimate of minutes per week):

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Football _____	Basketball _____	Track _____
Volleyball _____	Wrestling _____	Golf (9-12) _____
Marching Band (9-12) _____	Show Choir (9-12) _____	Tennis (9-12) _____
Cheerleading _____	Cheerleading _____	Soccer _____
School Supervised Walking _____	Dance Team _____	Baseball _____
Weight Training _____	School Supervised Walking _____	Softball _____
	Weight Training _____	School Supervised Walking _____
		Weight Training _____

Other\* (what, then, how many minutes per week) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*Non-school activities (may include non-school sport teams, gymnastics, dance and other activities approved by the principal) that the student will be involved in during the 2014-15 school year.

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

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

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