



## Physical Activity Written Agreement

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. Due to student scheduling, there will be weeks that your student may not meet this requirement through physical education class alone. The law also requires that we monitor how students fulfill this requirement; therefore, each student shall complete this activity plan. This agreement shall be effective for no longer than one school year.

Student \_\_\_\_\_ I.D. \_\_\_\_\_ Grade \_\_\_\_\_

### Activity Description

Fall: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Winter: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Spring: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Starting Date \_\_\_\_\_ Ending Date \_\_\_\_\_

Weekly duration of time requirements \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Principal Signature \_\_\_\_\_ Date \_\_\_\_\_