

This form to be completed for High School Students Only

Maquoketa Community School District Physical Activity Contract
(ALL high school students are required to complete this form)

In 2008, the Iowa Legislature enacted the "Healthy Kids Act", requiring that all students' grades 9-12 engage in physical activity for a minimum of 120 minutes per week in which there are at least five days of school. If you have any questions contact the building administrators at your child's attendance center, High School, 652-2451.

Name of Student: _____ **Grade (2022-23)** _____

Circle when the student is enrolled in PE courses: Fall/Spring/Both Semesters/Not Enrolled 2022-23

School Activities that student will be involved in during the 2022-23 school year. *(It is understood that the following activities will exceed the 120 minutes per week requirement)* Please check the sports the student will be involved.

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Cross Country _____	Basketball _____	Track _____
Football _____	Wrestling _____	Golf _____
Volleyball _____	Swimming _____	Tennis _____
Dance Team _____	Dance Team _____	Soccer _____
Cheerleading _____	Cheerleading _____	
Marching Band _____		
Swimming _____		

In addition to these school activities, list below the activities the student will be involved in during the year. (ex. Trap Shooting, Bowling, club/AAU sports teams, exercise programs, swimming, etc.) Non-school activities such as gymnastics, dance, individualized training/exercise programs, & non-school sports teams can be used to fulfill this requirement.

<u>Activity</u>	<u>Time of Year</u>			<u>Minutes per week</u>
1. _____	Fall	Spring	All Year	_____
2. _____	Fall	Spring	All Year	_____
3. _____	Fall	Spring	All Year	_____
4. _____	Fall	Spring	All Year	_____

Signature of Student: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____

Authorized School Signature: _____ Date: _____