



# Independence Jr/Sr High School

## Physical Activity Contract for 2019-2020

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, as a school district, monitor how students fulfill this requirement.

We ask that you fill out the information below and sign at the bottom. Thank you in advance for your cooperation. Go Mustangs!

Student: \_\_\_\_\_ Grade: \_\_\_\_\_

### FALL

- \_\_\_\_\_ Cross Country
- \_\_\_\_\_ Football
- \_\_\_\_\_ Volleyball
- \_\_\_\_\_ Marching Band
- \_\_\_\_\_ Cheerleading

### WINTER

- \_\_\_\_\_ Basketball
- \_\_\_\_\_ Wrestling
- \_\_\_\_\_ Cheerleading
- \_\_\_\_\_ Bowling

### SPRING/SUMMER

- \_\_\_\_\_ Track
- \_\_\_\_\_ Golf
- \_\_\_\_\_ Tennis
- \_\_\_\_\_ Soccer
- \_\_\_\_\_ Baseball
- \_\_\_\_\_ Softball

Please list any other physical activities that you participate in to meet the requirement:

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Student Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_