

MAQUOKETA VALLEY COMMUNITY SCHOOLS

Physical Activity Contract

2019-20 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 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 the school. If you have any questions, call Doug Tuetken at 563-922-2091 or Cheryl Gates at 563-922-9411.

Name of Student: _____ Grade (2019-20): _____

School or club activities that student will be involved in during the 2019-20 school year:

Cross Country _____	Football _____	Volleyball _____	Swimming _____
Wrestling _____	Basketball _____	Track and Field _____	Marching Band _____
Golf _____	Tennis _____	Soccer _____	Dance Team _____
Softball _____	Baseball _____	Boxing _____	Show choir _____

Please list below non-school activities (may include non-school sport teams, gymnastics, dance, individualized exercise program, walking, biking, jump roping, weight training, chores, etc.) that student will be involved in during the 2019-20 school year, including description of the activities and estimated time student participates per week:

(E.g.: I attend private dance lessons 2x/week for total of 100 minutes, plus I will walk two miles every day for another 150 minutes each week, or, I complete farm chores every night for 60 minutes, or, I bike three times per week for 120 minutes, or, I lift weights three times a week for 60 minutes, etc.)

Signature of Student _____ Date Signed: _____

Signature of Parent/Guardian: _____

Signature of Building Principal: _____