



# Louisa-Muscatine Community School District

We Value, We Challenge, We Prepare each and every student.

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## Physical Activity Contract 2018 – 2019 School Year

Physical activity is important for the physical and mental health of a child. 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 both items below, sign (both student and parent/guardian **MUST** sign), and return to the JH/HS office by August 31, 2018. As this is a requirement of the school, someone may be contacting you if this form is not completed and returned. If you have any questions, call 319-726-3421.

**NOTE: This form is not signing your child up for any school sports/activities listed. This form is only stating that your child participates in these sports/activities to satisfy the minimum requirement for the state law.**

Name of Student: \_\_\_\_\_ Grade (2018-2019): \_\_\_\_\_

- 1) Please **list estimate of minutes per week** for school activities that your student may be involved in during the 2018-2019 school year:

| FALL                   | WINTER                | SPRING/SUMMER       |
|------------------------|-----------------------|---------------------|
| Cross Country _____    | Basketball _____      | Track _____         |
| Football _____         | Wrestling _____       | Golf _____          |
| Volleyball _____       | Bowling _____         | Tennis _____        |
| Swimming (girls) _____ | Swimming (boys) _____ | Soccer _____        |
| Marching Band _____    | Show Choir _____      | Baseball _____      |
| Cheerleading _____     | Cheerleading _____    | Softball _____      |
| Drill team _____       | Drill team _____      | Pom squad _____     |
| Weightlifting _____    | Weightlifting _____   | Weightlifting _____ |
| Trapshooting _____     |                       |                     |

- 2) Please list other **non-school activities** (may include non-school sport teams, gymnastics, dance, individualized exercise program, walking, riding bicycle/skateboard, etc.) that your student will be involved in during the 2018-2019 school year:

| Name of Non-School Activity | Estimated Number of Minutes/Week | When Performed (Daily, Weekly, Etc.) |
|-----------------------------|----------------------------------|--------------------------------------|
|                             |                                  |                                      |
|                             |                                  |                                      |
|                             |                                  |                                      |

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

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

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