

WATERLOO COMMUNITY SCHOOL DISTRICT

Physical Activity Agreement, Grades 6-12

2011-2012 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. Due to student scheduling, there will be weeks that your student may not meet this requirement through physical education class alone. Therefore, each student shall complete this Agreement. 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 by Friday, September 2, 2011. If you have any questions, call your building principal.

Name of Student: _____ Grade (2011-12): _____

School activities that student will be involved in during the 2011-12 school year:

- | | | | |
|---------------------|---------------------|------------------|-----------------------|
| Cross country _____ | Football _____ | Volleyball _____ | Golf _____ |
| Bowling _____ | Wrestling _____ | Basketball _____ | Track and Field _____ |
| Swimming _____ | Tennis _____ | Soccer _____ | Baseball _____ |
| Softball _____ | Marching band _____ | Show choir _____ | Cheerleading _____ |
| Dance team _____ | | | |

Non-school activities that the student will be involved in during the 2011-12 school year (may include non-school sport teams, gymnastics, dance, individualized exercise program, etc.), 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):

Signature of Student _____ Date Signed: _____

Signature of Parent/Guardian: _____

Signature of Building Principal: _____