



**CEDAR VALLEY**  
CATHOLIC SCHOOLS

**Physical Activity Contract 2018-2019 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.

At Cedar Valley Catholic Schools students can fulfill this state mandate through a combination of Physical Education/Wellness classes and through other activities during the school day. These will result in 120 minutes of physical activity per week.

In addition to the curricular experiences offered at school, students may not be able to fulfill the 120 minute requirement without involvement in other extra-curricular and/or non-school activities. Therefore we are requesting that all families complete this form listing the other activities, which will lead to the completion of this requirement.

Please fill out the items below, sign (both student and parent/guardian), and return to the school by August 23, 2018.

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

School activities which qualify as fulfilling the physical activity component of the law that my student will be involved in during the 2018-2019 school year:

Semester that PE is taken at Columbus: \_\_\_\_\_ 1st \_\_\_\_\_ 2nd  
PE is taken both semesters at Blessed Maria:   X   1st   X   2nd

**Mark all that apply:**

- |                                   |                                  |                                   |                                       |
|-----------------------------------|----------------------------------|-----------------------------------|---------------------------------------|
| Cross Country _____<br>(7th-12th) | Basketball _____<br>(7th-12th)   | Track & Field _____<br>(7th-12th) | Softball _____<br>(6th-12th)          |
| Football _____<br>(7th-12th)      | Wrestling _____<br>(7th-12th)    | Golf _____<br>(9th-12th)          | Baseball _____<br>(6th-12th)          |
| Volleyball _____<br>(7th-12th)    | Bowling _____<br>(9th-12th)      | Soccer _____<br>(9th-12th)        | Hockey _____<br>(9th-12th)            |
| Swimming _____<br>(9th-12th)      | Cheerleading _____<br>(7th-12th) | Tennis _____<br>(9th-12th)        | Competition Choir _____<br>(9th-12th) |
| Danceline _____<br>(9th-12th)     |                                  |                                   |                                       |

Non-school activities (may include non-school sport teams, gymnastics, dance, individualized exercise program, chores at home or farm etc.) that student will be involved in during the 2018-2019 school year, including description of the activities and estimated time student participates per week: (ie. I attend private dance lessons 2x/week for a total of 100 minutes, and I walk 2 miles every day for another 150 minutes each week.)

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

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

Signature of Building Principal: \_\_\_\_\_ Date Signed: \_\_\_\_\_