

**PHYSICAL ACTIVITY
CONTRACT**

In 2008, the Iowa Legislature enacted the “Healthy Kids Act,” requiring all students in grades 6-12 to engage in physical activity for a minimum of 120 minutes per week in which there are at least five days of school. The law requires the school to monitor how students fulfill this requirement.

The school will utilize a “Physical Activity Contract” for students to identify the minutes per week to meet their weekly physical activity requirement. Copies of the completed forms will be on file within the individual school buildings.

Adopted: 06/13/2011
Reviewed: 02/27/2023
Revised: 02/27/2023