

Physical Activity Contract 2009-2010 School Year *In Compliance with the Healthy Kids Act 2008*

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. These will be filled out in PE class, and monitored via PE. If you have any questions, call 319-842-2263.

Name of Student: _____ Grade (2009-2010) _____

School activities that the student will be involved in during 2009-2010 school year. The average number of minutes per week is included next to the activity. Circle all that apply.

SAMPLE FALL AND WINTER ACTIVITES	SAMPLE SPRING ACTIVITIES
PE Class - 90	PE Class - 90
Cross Country - 600	Basketball - 600
Football - 600	Wrestling - 600
Volleyball - 600	Cheerleading - 150
Marching Band - 225	Archery-120
Cheerleading - 150	Weight Lifting-135
Hockey-240	Dance-240

NON-SCHOOL ACTIVITIES COULD INCLUDE, BUT NOT LIMITED TO:

Gymnastics	Skateboarding	Tennis
Riding a Bike	Yard Work	Bowling
Trapping/ Hunting	jumping on trampoline	Other Activity
Walking	Jogging	

"Other activities" that the student is involved in: Please list the activity and the approximate number of minutes per week in which the student is involved in the activity.

FIRST SEMESTER	SECOND SEMESTER	YEAR ROUND
_____	_____	_____
_____	_____	_____
_____	_____	_____
TOTAL: _____ Total is > or = 120 Including PE	TOTAL: _____ Total is > or = 120 Including PE	TOTAL: _____ Total is > or = 120 Including PE

Signature of Student: _____ Date: _____

Signature of Parent/Guardian: _____

Signature of Building Principal: _____

To: Parents/Guardians of Alburnett secondary (grades 6-12) students.
From: Tom Stewart, Ed.S.
Secondary Principal
Alburnett Secondary School

The new guidelines as set down by “The Healthy Kids Act” of 2008 take effect for this school year. It is understood by the Department of Education that most schools do not offer 120 minutes of Physical Education per week and in order to do so would need to either add teachers, change their schedules drastically, add facilities, or take away from academic classes to meet these requirements. It was not the intent of this bill to be a financial burden on the schools. Therefore, they are asking us to work in concert with the families to guarantee that all of our students are getting enough exercise to remain healthy. It is not sufficient for a student to depend upon PE as a means of attaining the 120 minutes per week therefore we are asking parents and students to fill out this form specifying the means by which your students will receive their 120 minutes per week. (This includes 90 minutes of PE)

The area designated as “other activities” will become very important for any student not involved in extra curricular activities. Following are some examples of what might count as “other activities”.

Nonschool sports teams that might include basketball, soccer, softball/baseball, or volleyball. These teams might be locally organized or organized through such entities as USVBA, AAU, or Special Olympics.

Individualized exercise programs such as walking, jogging, swimming, lifting weights, dance class, gymnastics, jumping on a trampoline or riding a bike.

Some students might be involved in what some people might consider non-traditional activities such as bowling, archery, and tennis.

Still others might be involved in hunting or trapping, mowing or trimming the yard or performing other chores around the house or farm that would involve exercise.

The above list is by no means complete but it might give you an idea of the variety of things that could constitute athletic activity.

If you have any questions please contact me at the high school office 842-2263.

Tom Stewart, Ed.S.
Secondary Principal