Gehlen Catholic School

Physical Activity Contract

In 2008, the Iowa Legislature enacted “the Healthy Kids Act,” requiring that all students in grades 7 – 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 Gehlen Catholic the students can fulfill this new 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 new requirement.

Please fill out the items below, sign (both student and parent/guardian), and return to the school by the first day of school. If you have any questions, call Mr. Jeff Alesch, (712) 546-4181.

Name of Student: ___________________________ Grade: __________________

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

Cross country ____  Football ____  Volleyball ____  Golf ____
Basketball ____  Track and Field ____  Baseball ____  Softball ____
Marching band ____  Cheerleading ____  Drill team ____

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 this school year, 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.)

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Signature of Student ___________________________ Date Signed: ____________

Signature of Parent/Guardian: ___________________________ Date Signed: ____________

Signature of Building Principal: ___________________________ Date Signed: ____________