



**Des Moines Public Schools**

**Healthy Kids Act Contract Form**

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, sign (both student and parent/guardian), and return to the school by \_\_\_\_\_.

If you have any questions, contact Carlye Satterwhite PE Curriculum Coordinator or your Building Administrator.

Name of Student: \_\_\_\_\_ Grade: \_\_\_\_\_

School Activities that the student will be involved in during the 2013-2014 School Year:

Activity	Semesters		Activity	Semesters		Activity	Semesters	
Baseball			Marching Band			Trapshooting		
Basketball			Pom Squad			Volleyball		
Bowling			Show Choir			Wrestling		
Cheerleading			Soccer			Other:		
Cross Country			Softball					
Drill Team			Swimming					
Football			Tennis					
Golf			Track and Field					

Non-school activities (may include non-school sport teams, gymnastics, dance, individualized exercise program, etc.) that the student will be involved in during the 2013-14 school year, including description of the activities estimated time student participates per week: (E.g. I attend private dance lessons 2x/week for a total of 100 minutes, plus I walk two miles every day for another 150 minutes each week.)

Activity	Times Per Week	Hours Per Time	Total Per Week	Semesters	

Signature of Student \_\_\_\_\_

Date Signed: \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Date Signed: \_\_\_\_\_

Signature of Building Principal \_\_\_\_\_

Date Signed: \_\_\_\_\_