



**DALLAS CENTER-GRIMES COMMUNITY SCHOOL  
PHYSICAL ACTIVITY CONTRACT  
2016-17 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.

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

\_\_\_\_\_ . If you have any questions, contact Mr. Blum  
(Date) (Building Principal)

Name of Student: \_\_\_\_\_ Grade (2016-17): \_\_\_\_\_

School activities that student will be involved in during the 2016-17 school year:

Activity	Quarters				Activity	Quarters				Activity	Quarters			
	1st	2nd	3rd	4th		1st	2nd	3rd	4th		1st	2nd	3rd	4th
Baseball					Marching Band					Trapshooting				
Basketball					Pom Squad					Volleyball				
Bowling					Show choir					Wrestling				
Cheerleading					Soccer					Other (Please explain)				
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 student will be involved in during the 2016-17 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.)

Activity	Times Per Week	Hours Per Time	Total Per Week	Quarters			
				1st	2nd	3rd	4th

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

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

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