



Louisa-Muscatine Community School District

We Value, We Challenge, We Prepare each and every student.

Physical Activity Contract 2022 – 2023 School Year

Physical activity is important for the physical and mental health of a child. 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 both items below, sign (both student and parent/guardian **MUST** sign), and return to the JH/HS office by August 31, 2022. As this is a requirement of the school, someone may be contacting you if this form is not completed and returned. If you have any questions, please call 319-726-3421.

NOTE: This form is not signing your child up for any school sports/activities listed. This form is only stating that your child participates in these sports/activities to satisfy the minimum requirement for the state law.

Name of Student: _____ Grade (2022-2023): _____

1) Please **list estimate of minutes per week** for school activities that your student may be involved in during the 2022-2023 school year:

FALL	WINTER	SPRING/SUMMER
Cross Country _____	Basketball _____	Track _____
Football _____	Wrestling _____	Golf _____
Volleyball _____	Bowling _____	Tennis _____
Swimming (girls) _____	Swimming (boys) _____	Soccer _____
Marching Band _____	Show Choir _____	Baseball _____
Cheerleading _____	Cheerleading _____	Softball _____
Drill team _____	Drill team _____	Pom squad _____
Weightlifting _____	Weightlifting _____	Weightlifting _____
Trapshooting _____		

2) Please list other **non-school activities** (may include non-school sport teams, gymnastics, dance, individualized exercise program, walking, riding bicycle/skateboard, etc.) that your student will be involved in during the 2022-2023 school year:

Name of Non-School Activity	Estimated Number of Minutes/Week	When Performed (Daily, Weekly, Etc.)

Signature of Student: _____ Date Signed: _____

Signature of Parent/Guardian: _____

Signature of Building Principal: _____