

**Healthy Kids Act 2009**  
**Enacted by the 2009 Iowa Legislature**  
**Effective July 1, 2009**

**Physical activity timeline – Beginning July 1, 2009**, school districts must ensure that physically able pupils in grades six through twelve shall engage in physical activity for a minimum of **120 minutes** per week in which there are at least five school days of school.

**Physical activity overview** – First, “physical activity” means “*any movement, manipulation, or exertion of the body that can lead to improved levels of physical fitness and quality of life.*” Students in grades nine through twelve may meet the 120-minute physical activity requirement by participation in the following activities including, but not limited to:

1. Interscholastic athletics sponsored by the Iowa High School Athletic Association or Iowa Girls High School Athletic Union;
2. School-sponsored marching band, show choir, dance, drill, cheer, or similar activities;
3. Non-school gymnastics, dance, team sports, individual sports; or
4. Similar endeavors that involve movement, manipulation, or exertion of the body. [This may include work activities, such as on the family farm or at the local grocery store, if work meeting the above definition of physical activity is involved.]

If the physical activity is to be met in full or in part by a student using one or more non-school activities, then the school shall enter into a written agreement with the student. The **written physical activity agreement** must meet the following requirements:

1. It shall state the nature of the activity and the starting and ending dates of the activity, and shall provide sufficient information about the duration of time of the activity each week.
2. It shall be signed by the school principal or principal’s designee.
3. It shall be signed by at least one parent or guardian of the student if the student is a minor.
4. It shall be signed by the student, regardless of the student’s age.
5. The agreement may be no longer than one school year.

If a student’s parent or guardian files a written statement with the school principal that the physical activity requirement conflicts with the student’s religious beliefs, then the school shall not require the performance of such activities.

**Vinton-Shellsburg High School 2009-10**  
**Starting & Ending Dates for:**  
**School Sponsored Activities**

1<sup>st</sup> Trimester: August 19 – November 12

2<sup>nd</sup> Trimester: November 16 – February 25

3<sup>rd</sup> Trimester: March 1 – May 27

<u>Activity</u>	<u>Start (Approximate)</u>	<u>End (Approximate)</u>
Football	August 10	October 28
Cross Country (B) & (G)	August 10	October 22
Swimming (G)	August 10	October 31
Volleyball	August 10	October 26
Swimming (B)	November 9	February 6
Wrestling	November 16	February 13
Basketball (G)	November 9	February 17
Basketball (B)	November 16	February 22
Track (G)	February 15	May 17
Track (B)	February 15	May 14
Golf (G)	March 15	May 17
Golf (B)	March 22	May 14
Soccer (G)	March 22	June 1
Baseball	May 3	July
Softball	May 10	July
Marching Band	August 3	October 24
Show Choir	October 12	March 13
Dance Team	October 19	March 13
Cheerleading (Fall)	August 10	October 28
Cheerleading (Winter)	November 3	February 22

**\*\* INDIVIDUAL PHYSICAL ACTIVITY PLAN \*\***

**V-S HS Student Name:** \_\_\_\_\_

This form is intended to verify compliance with the Healthy Kids Act of 2009. This Act was passed by the Iowa Legislature in 2009 and is in effect beginning with the 2009-10 school year. By signing this form, I certify that the student in my care will engage in the following plan during the 2009-10 school year. **ALL V-S High Schools STUDENTS MUST HAVE A COMPLETED & SIGNED FORM ON FILE!**

Minimum PE requirements at V-S HS are for a student to take one trimester of PE per year to meet the 2.0 high school PE requirement for graduation. During the time a student is not involved in an organized activity (see #1 or #2 from physical activity description) or PE through the school; the student must be working on an individually developed plan supervised by their parents. If such a plan cannot or will not be implemented, a student will then need to enroll in the appropriate amount of terms of PE to meet the requirement.

<b>1<sup>st</sup> Trimester</b>			<b>2<sup>nd</sup> Trimester</b>			<b>3<sup>rd</sup> Trimester</b>		
Activity	Start/End Dates	Hours per week	Activity	Start/End Dates	Hours per week	Activity	Start/End Dates	Hours per week
Football	8/10 – 10/28	10 hours +	PE	11/16 – 2/25	2 hours +	Weightlifting	3/1 – 3/14	2 hours +
Jogging	10/28 – 11/12	2 hours				Golf	3/15 – 5/17	10 hours +

The shaded area is an example of how all students will need to show the 120 minutes is met!

This area is for you to complete your son/daughter's plan

Signed: \_\_\_\_\_ (V-S HS Student)

Signed: \_\_\_\_\_ (V-S HS Student's Parent/Guardian)

Signed: \_\_\_\_\_ (V-S HS Principal or Counselor)