

**Healthy Kids Physical Activity
Required Documentation/Waiver
(High School Students Only)**

Due to recent legislation titled "The Healthy Kids Act" students are required to have 120 minutes of physical activity per week. This includes a variety of options to acquire the 120 minutes; physical education, athletics, marching band, or home exercise and activities such as work. We need a parent to sign and check the activities your son or daughter will be involved each semester and the number of minutes per week. We have to have this form on file for each High School student for documentation that they are meeting the required 120 minutes per week, PE will cover 90 minutes of this per week on average, and kids may far exceed the 120 minutes with the number of activities they will be in. Again this is the law and we must comply with it so please sign and return to the High School office at registration or with your student on the first day of class in August.

Name: _____ Grade: _____

Parent information: _____

Fall:

Spring:

<input type="checkbox"/> Weight lifting and agility program <input type="checkbox"/> PE <input type="checkbox"/> Sports/Activities: <input type="checkbox"/> Football (Season start ___ End ___) <input type="checkbox"/> Volleyball (Season start ___ End ___) <input type="checkbox"/> Cross country (Season start ___ End ___) <input type="checkbox"/> Basketball (Season start ___ End ___) <input type="checkbox"/> Wrestling (Season start ___ End ___) <input type="checkbox"/> Cheerleading (Season start ___ End ___) <input type="checkbox"/> Marching Band (Season start ___ End ___) <input type="checkbox"/> Contract with parent	<input type="checkbox"/> Weight lifting and agility program <input type="checkbox"/> PE <input type="checkbox"/> Sports/Activities: <input type="checkbox"/> Basketball (Season start ___ End ___) <input type="checkbox"/> Wrestling (Season start ___ End ___) <input type="checkbox"/> Track (Season start ___ End ___) <input type="checkbox"/> Golf (Season start ___ End ___) <input type="checkbox"/> Baseball (Season start ___ End ___) <input type="checkbox"/> Softball (Season start ___ End ___) <input type="checkbox"/> Cheerleading (Season start ___ End ___) <input type="checkbox"/> Contract with parent
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I, _____, understand the state legislation requires a minimum of 120 minutes
(parent / guardian)
 of physical activity each week for students in grades 6-12 each semester during the school year.

My signature below indicates my understanding of this law and certifies that _____ is
(student)

meeting this requirement through:

___ exercise (___ minutes / week)

___ work (___ minutes / week)

Description of position or work duties:

 Parent signature

 Date