

**Iowa City Community School District
Healthy Kids Act 2009
Enacted by the 2009 Iowa Legislature
Effective July 1, 2009**

Beginning July 1, 2009, school districts must ensure that physically able pupils in grades seven 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 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 seven through twelve may meet the 120-minute physical activity requirement by participation in the following activities including, but not limited to:

- Physical education class
- Interscholastic athletics sponsored through the school
- School-sponsored marching band, show choir, dance, cheerleading, or similar activities
- Non-school gymnastics, dance, team sports, individual sports
- Similar activities that involve movement, manipulation, or exertion of the body, such as an individual exercise program, body building activities, physical activity associated with a student’s part-time job or chores at home

The school will work with 7-12th grade students to develop a written agreement that will list the types of physical activity and duration of these activities during the school year. The **written physical activity agreement** must meet the following requirements:

- It will be developed by the student and his/her PE teacher or counselor at the beginning of the school year
- It will 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
- It is to be signed by the student’s PE teacher, counselor or principal’s designee
- It is to be signed by at least one parent or guardian of the student if the student is a minor
- It is to be signed by the student, regardless of the student’s age
- The agreement will be in effect for one school year
- If a student changes the plan, i.e. drops out of school-sponsored athletics or other activity, then the parent is responsible for notifying the student’s PE teacher or school counselor

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.

Iowa City Community School District

Starting & Ending Dates for Junior High School Sponsored Activities

1st Trimester: August 20 – November 12

2nd Trimester: November 16 – February 26

3rd Trimester: March 3 – June 3

Activity	Start (Approximate)	End (Approximate)
Football	August 20	October 8
Volleyball	August 20	October 8
Basketball (B)	October 12	December 4
Swimming (G)	October 12	December 4
Basketball (G)	December 7	February 1
Swimming (B)	December 7	February 1
Wrestling	January 19	March 11
Track (G)	March 22	May 13
Track (B)	March 22	May 13
Show Choir		
Dance Team		
Cheerleading (Fall)		
Cheerleading (Winter)		