



PHYSICAL EDUCATION (P.E.) WAIVER ~ GRADES 7-8 ONLY
2018-2019 School Year

Students in grades 7-8 are required to participate in an average of at least 100 instructional minutes per week per year (60 hours per semester) in physical education (PE) classes, unless such participation is waived. Seattle Public Schools does **not** endorse PE waivers.

Students in grades 7-8 may be excused from any PE instruction for the following reasons:

- A. Physical Disability; or
- B. Religious Belief; or
- C. Participation in Directed Athletics

Reference: RCW 28A.230.040

Physical education waivers are not automatically granted, especially in cases where students have room in their schedule to participate in a PE class. Students can and have been denied PE waivers when appropriate. Making a request does not ensure that a waiver will be granted.

CRITERIA FOR GRANTING WAIVERS

- A. **Physical disability** ~ Obtain required signatures on page 3 of this document and attach verification from student's doctor or health care professional indicating that participation in a P.E. class will be detrimental to a student's health.
- B. **Religious Belief** ~ Obtain required signatures on page 3 of this document and attach a request from a student's religious leader for Religious Accommodation per School Board Policy D150.01.
- C. **Directed Athletics** ~ Obtain required signatures on page 3 and required documentation and signatures on page 4 of this document. Waivers may be granted for students who are participating in community-based, organized athletic teams. To receive a PE waiver for participation in a community-based athletic team, the team must meet the following criteria:
 - a. The team **MUST** hold regular workouts or practices
 - b. The team **MUST** participate in team competitions
 - c. The team **MUST** meet for at least **60 hours** for a student to receive a waiver
 - d. Student participation **MUST** occur sometime during the 2018-19 school year, September 2018 to June 2019*.

Individual student waivers may also be granted for students who participate in competitive, individual sports or athletic activities. Just as with team sports, the activity **MUST** have regular workouts or practices, be facilitated by a qualified adult instructor, and include 60 documented hours of activity. Individual activities that may qualify for a PE waiver include participation in the Pacific Northwest Ballet School; competitive ice-skating, skiing, gymnastics; and other such sports.

Students who participate at the varsity level in one of the following Whitman sports may apply 30 hours toward their P.E. waiver:

- Girls' Soccer
- Fall Ultimate Frisbee
- Girls' or Boys' Basketball

***Unfortunately, Whitman spring sports are not formed in time for P.E. waivers to be completed and cannot be used towards the waiver requirements. JV sports cannot be used towards waiver requirements.**

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Students in grades 7-8 may be excused from PE instruction for the following reasons:

- A. Physical Disability or (this page plus a signed Doctor's note for exclusion from PE)
- B. Religious Belief or (this page with signature of Religious Leader signature)
- C. Directed Athletics (this page plus verification form on reverse side).

Turn this signed page into your grade level counselor!

Student Name (please print)

Date

Student ID Number

Grade

Parent/Guardian Signature (required for all options)

Date

Coach Signature (required for Option C.)

Date

Sport/Team Name

Coach Phone #

Physician/Religious Leader (required for Option A or B)

Date

Counselor Signature (required for all options)

Date

Approve Deny

Administrator: _____
(required for all options)

Notes:



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DIRECTED ATHLETICS COACH VERIFICATION – REQUIRED FOR OPTION C

Date: _____

Student name: _____

Participates in: _____ Team name: _____

Practices are held _____ times per week for _____ hours each.

The season is approximately _____ weeks long.

Time period _____
(e.g. September 2015 – November 2015 or 10/25-12/18/15)

Competitions/games are held _____ times per week for _____ hours each.

A total of _____ competitions/games are scheduled for the season.

Total hours in this sport _____. Please compute actual hours.

Coach: _____ Signature: _____
Please print name

(Copy this page if student is participating in a second sport to meet the 60 hour requirement.)