

## PHYSICAL EDUCATION (P.E.) WAIVER

### School Year 2009-2010

Students in grades 1-8 are required to participate in an average of at least 100 instructional minutes per school week in PE classes (60 hours per .5 semester credit), unless such participation is waived. Seattle Public Schools does **not** endorse P.E. Waivers.

Students in grades 1-8 may be excused from any P.E. instruction for the following reasons

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

*Reference:* RCW 28A.203.040

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

*Verification from a physician, religious leader, head coach or instructor, on official letterhead, must be attached and turned into the Main Office no later than DECEMBER 1, 2009. **If verification and approval is not received by December 1, 2009 students will be scheduled for a P.E. class during 2<sup>nd</sup> semester in place of either World Language or Music.***

### CRITERIA FOR GRANTING WAIVERS

- A. Physical Disability** 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** Attach a request from a student's religious leader for Religious Accommodation per School Board Policy D150.01
- C. Directed Athletics** Waivers for participation in directed athletics will be granted for students who are participating in Seattle Public School – sponsored sports or athletic teams, as well as community based organized athletic teams. To receive a P.E. waiver for participation in a community-based athletic team, the team must meet the following criteria:
  - 1. The team must hold regular workouts or practices.
  - 2. Activities must be facilitated by a qualified adult instructor.
  - 3. The student must participate in a minimum of 60 documented hours of activity.

Individual student waivers may also be granted for students who participate in competitive 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. **Attach verification from the coach or instructor on official letterhead indicating the dates and number of participation hours.**

Eckstein Varsity Athletic Teams are the equivalent of 30 participation hours and JV Teams the equivalent of 15 hours. Varsity team rosters are limited and participation is NOT guaranteed to any student who turns out for a sports season.

Examples of individual activities that may qualify for a P.E. waiver include participation in the Pacific Northwest Ballet School; competitive ice-skating, swimming and other such sports.

**FOR OFFICE USE ONLY:**

LAST NAME: \_\_\_\_\_  
SCHOOL YEAR: \_\_\_\_\_ GRADE: \_\_\_\_\_  
APPROVED:  DENIED:

**PHYSICAL EDUCATION (P.E.) WAIVER PETITION**

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Students in grades 1-8 may be excused from any P.E. instruction for the following reasons

- D. Physical Disability; or
- E. Religious Belief; or
- F. Participation in Directed Athletics

*Reference:* RCW 28A.203.040

Petitions must be requested and approved each semester that the student requests a waiver.

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\_\_\_\_\_  
Student Name (Please Print) Date

\_\_\_\_\_  
Student ID Number Grade

\_\_\_\_\_  
Parent/ Guardian Signature Date

\_\_\_\_\_  
Coach Contact number

\_\_\_\_\_  
Physician/ Religious Leader Contact number

**FOR OFFICE USE ONLY**

Approve  Deny  Administrator: \_\_\_\_\_

Notes: