

## PE Waivers – Grades 1-8

Students in grades 1-8 are required to participate in an average of at least 100 instructional minutes per week per year in physical education (PE) classes, unless such participation is waived.

Students in grades 1-8 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

### Criteria for Granting Waivers

- A. **Physical disability** waivers will be granted upon presentation of a valid doctor's letter indicating that participation in a PE class will be detrimental to a student's health. The letter should be presented to the principal of Whitman Middle School, who will record the waiver.
- B. **Religious belief** waivers will be granted upon presentation of the religious beliefs that make it undesirable for the student to participate in PE. Such presentation shall be made to the principal of Whitman Middle School, who will record the waiver.
- C. 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 PE 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. The team must participate in team competitions
  - 3. The team must meet for at least *twelve weeks* of the semester for a student to receive a waiver

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, and the individual must participate in competitions. Individual activities that may qualify for a PE waiver include participation in the Pacific Northwest Ballet School; competitive ice-skating; competitive skiing; and other such sports.

### Timeline for Granting Waivers

Waivers in grades 1-8 may be granted on a semester-by-semester basis.

### Procedures for Granting Waivers

Any PE waiver must be documented in writing, and must be signed by the parent, counselor, and the school principal or designee. The documentation shall be placed into the student's permanent education file.

Each school shall send a yearly report to the Chief Academic Officer, indicating how many waivers were granted, and for what reasons. The CAO shall compile a yearly report indicating how many students have received waivers, and for what reasons. This report will be submitted yearly to the Superintendent, to each Education Director, and to the Board of Directors.

Reference: HAF/Legal document, PE Waiver Grades 1-12, dated December 15, 2004

**PHYSICAL EDUCATION (PE) WAIVER FORM – Students in Grades 1-8**

Students in grades 1-8 are required to participate in an average of at least 100 instructional minutes per week in PE classes, unless such participation is waived. PE Waivers may be requested for the following reasons (for more detail, please contact the principal):

- A. Physical Disability            Attach verification from student’s doctor or health care professional.
- B. Religious Belief             Attach verification from student’s religious leader.
- C. Directed Athletics            Participation in Seattle Public Schools or community-based athletic program. Written verification of participation from head coach must be attached or on back.

Petitions must be requested and approved each semester that the student requests a waiver. Retroactive requests will not be considered. Requests must be turned in to the grade level counselor. School Year 2007-2008 see below:  
6<sup>th</sup>-Henry Leveque ~ 7<sup>th</sup>-Elaine Moy ~ 8<sup>th</sup>-Cheryl Fraley

Student Name (please print)	Date
Student ID Number	Grade
Parent/Guardian Signature	Date
Coach Signature	Date
Counselor Approval	Date
Principal/Administrator Approval	Date

Petition denied for the following reason: \_\_\_\_\_

Registrar entered \_\_\_\_\_