

PHYSICAL EDUCATION (PE) 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 PE 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 in to 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 2nd 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 sports teams, 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.

PHYSICAL EDUCATION (PE) WAIVER PETITION
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(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