

SEATTLE PUBLIC SCHOOLS
PHYSICAL EDUCATION (PE) WAIVER REQUEST FORM
Grades 7 & 8 ONLY

Student's Name: _____ Grade: 7th 8th
FIRST AND LAST NAME - PRINT CLEARLY

Students in grades 7 or 8 are required to participate in at least 60 hours of directed athletic activity each school year (equal to one semester of PE instruction) unless such participation is waived. PE Waivers may be requested for the following reasons - please check one:

_____ 1. Physical Disability - Doctor's Name: _____
Verification from student's doctor or health care professional must be attached.

_____ 2. Religious Belief - Religious Leader's Name: _____
Verification from student's religious leader must be attached.

_____ 3. Directed Athletics - Document the activity or team below
Verification letter from a parent/guardian or coach must be attached.

Check one: School Team Outside Team Independent Activity

Describe and document Directed Athletics hours:

SPORT/ACTIVITY: _____ # of hours during school year: _____

SPORT/ACTIVITY: _____ # of hours during school year: _____

SPORT/ACTIVITY: _____ # of hours during school year: _____

 **TOTAL DOCUMENTED SPORT/ACTIVITY HOURS, Sept 2019 - June 2020:** _____

Parent/Guardian Signature

Date

REQUESTS SHOULD BE SUBMITTED TO CATHARINE BLAINE'S MAIN OFFICE
Requests will be considered ONLY when submitted with the required documentation

For office use: Documentation attached Date received _____

PHYSICAL EDUCATION (PE) WAIVER

School Year: 2019-2020

SEATTLE PUBLIC SCHOOLS POLICY -- Students in grade 1-8 are required to participate in an average of at least 100 instructional minutes per week per year in PE classes (60 hours per .5 semester credit) unless such participation is waived. Seattle Public Schools does not endorse PE Waivers.

Reference: RCW 28A.230.040

Students in grades 1-8 may be excused from the PE instruction requirement for the following reasons:

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

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

Verification from a physician, religious leader, coach, instructor or parent/guardian must be included or attached to a waiver request and submitted to the Main Office no later than December 2, 2019. If verification and approval is not received, students will be scheduled for a PE class during the second semester in place of another chosen elective.

CRITERIA FOR VERIFICATION & WAIVER DOCUMENTATION

- A. Physical Disability** - Attach verification from student's doctor or health care professional indicating that participation in a PE 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. Participation in Directed Athletics** - Waivers for participation in directed athletics can be granted to students who are participating in Seattle Public School-sponsored sports or athletic teams, community-based athletic teams, or organized physical activity. To receive a PE waiver the student must participate in a minimum of 60 documented hours of activity during the school year. Verification of the dates and number of participation hours must be included or attached to the request form.

Examples of activities that MAY qualify for a PE waiver include participation in tennis, ballet, karate, regularly scheduled running or fitness classes, competitive ice-skating, swim team or other team sports. Catharine Blaine sports teams (Soccer, Basketball, Track and Volleyball) are the equivalent of 30 participation hours. Please note, however, that space is limited on some Blaine athletic team rosters, so participation is NOT guaranteed to every student who plans to turn out for a school sport if team cuts need to be made.