

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

Student's Name: \_\_\_\_\_

PRINT CLEARLY

Grade: ☐ 7<sup>th</sup> ☐ 8<sup>th</sup>

***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 per Week: \_\_\_\_\_

SPORT/ACTIVITY: \_\_\_\_\_ # of Hours per Week: \_\_\_\_\_

SPORT/ACTIVITY: \_\_\_\_\_ # of Hours per Week: \_\_\_\_\_



**TOTAL DOCUMENTED SPORT/ACTIVITY HOURS, Sept 2017 - June 2018:** \_\_\_\_\_

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

\_\_\_\_\_  
Date

**REQUESTS SHOULD BE SUBMITTED TO ECKSTEIN'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: 2017-2018

SEATTLE PUBLIC SCHOOLS POLICY -- Students in grade 1-8 are required to participate in 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. **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 1, 2017**. 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. 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. Eckstein sports teams (Ultimate Frisbee, Soccer, Basketball, Track and Volleyball) are the equivalent of 30 participation hours. Please note, however, that space is limited on some Eckstein 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.