



4891 West 27<sup>th</sup> Ave  
Kennewick, WA 99338  
509-222-7500  
chinook.ksd.org

Parent Request to Waive the Health & Fitness Requirement

The following is the Revised Code of Washington in regard to Health & Fitness requirements for students grades one to eight:

**Physical education—Grade school and high school requirement.**

(1) Grades 1-8. Pursuant to RCW 28A.230.040, an average of at least one hundred instructional minutes per week per year in physical education shall be required of all pupils in the common schools in the grade school program (grades 1-8) unless waived pursuant to RCW 28A.230.040.  
RCW 28A.230.040

**Physical education in grades one through eight.**

Every pupil attending grades one through eight of the public schools shall receive instruction in physical education as prescribed by rule of the superintendent of public instruction: PROVIDED, That individual pupils or students may be excused on account of physical disability, religious belief, or participation in directed athletics.

*Please indicate why your child qualifies for a waiver from the Health & Fitness requirement for the 2022-23 school year:*

- Physical disability
- Religious belief
- Participation in directed athletics outside the regular school day

Student Name: \_\_\_\_\_ Parent Name: \_\_\_\_\_

Parent Email: \_\_\_\_\_ Date: \_\_\_\_\_

What course(s) would you like to replace Health & Fitness in your child's schedule? \_\_\_\_\_

Parent Signature \_\_\_\_\_

Please return this to Chinook Middle School or email to Kevin Pierce at [kevin.pierce@ksd.org](mailto:kevin.pierce@ksd.org)

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*Completed by School Administration*

- Approved
- Not Approved

Administration Signature \_\_\_\_\_ Date: \_\_\_\_\_