

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

Grade Level in 2024-25: 7th 8th

## PE Waiver Request Islander Middle School

PE REQUIREMENT: Students are required by the State of Washington to participate in an average of at least 100 instructional minutes per school week in PE classes (55 hours total for the school year), unless such participation is waived (RCW 28A.230.040).

Students in grades 7 and 8 may be excused from PE instruction for the following reasons:

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

**Physical education waivers are not automatically granted. Verification of waiver is pending approval from school personnel.**

**STEP 1: PLEASE INDICATE WHY YOU ARE WAIVING PE CLASS BELOW AND INCLUDE REQUIRED INFORMATION.**

**STEP 2: SUBMIT THIS FORM TO THE FRONT OFFICE BY MARCH 29, 2024**

- 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), or
- Religious Beliefs (Attach a letter of verification from a student's religious leader), or
- Participation in Approved, Directed Athletics (Complete the backside page in full)

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### OFFICIAL USE BELOW

**RECEIVED BY PE DEPARTMENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**ADMINISTRATION SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

APPROVED

NOT APPROVED: \_\_\_\_\_

Student Name: \_\_\_\_\_ Grade Level in 2024-25: 7th 8th

## Participation in Approved, Directed Athletics

Name of Athletic Organization: \_\_\_\_\_

Signature from Athletic Organization \_\_\_\_\_ Coach Email/Phone Info \_\_\_\_\_

Signature from Parent/ Guardian: \_\_\_\_\_

Directions: Write the number of anticipated hours each day in the correct box. The total number of required hours must equal at least 55 hours during the academic year (August-June)

Month/ Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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TOTAL HOURS ANTICIPATED \_\_\_\_\_