

**PE WAIVER CHECK OFF SHEET**

COMPLETE COVER SHEET

INITIAL AND SIGN APPLICATION, PAGES 3 AND 4 (**STUDENT AND PARENT/GUARDIAN**)

COMPLETE PAGE 5 (**ONLY IF LEAVING CAMPUS EARLY**)

PROVIDE A LETTER FROM THE FACILITY STATING YOUR ACTIVITY, YOUR WEEKLY SCHEDULE DETAILING WHAT DAYS YOU ARE THERE (**MONDAY-FRIDAY ONLY**) AND HOW LONG YOU PARTICIPATE EACH DAY (**THIS LETTER MUST BE ON THE FACILITY'S LETTERHEAD AND SIGNED AND DATED BY THE COACH. THE COACH MUST ALSO SUPPLY AN EMAIL ADDRESS AND PHONE NUMBER**).

YOU MAY SUBMIT THE PE WAIVER PACKET ALONG WITH THE FACILITY LETTER TO BRENDA BAKER AT [bbaker1@fisdk12.net](mailto:bbaker1@fisdk12.net) STARTING **MAY 1, 2024**. ALL PACKETS MUST BE SUBMITTED FOR APPROVAL NO LATER THAN **AUGUST 26, 2024**. SCHEDULES WILL NOT BE CHANGED UNTIL THE PACKET HAS BEEN APPROVED BY ADMINISTRATION. **NO LATE PACKETS WILL BE ACCEPTED, NO EXCEPTIONS!**



Please check the one box that applies to your student:

### 6<sup>th</sup> Grade 2024/2025 School Year

(Please Note there is ONLY ONE option for 6<sup>th</sup> grade to exempt PE.)

I am requesting to leave campus during 7<sup>th</sup> period.  
(certain criteria must be met in order for this to be approved,  
MINIMUM of 15 hours to be approved for  
leaving campus, (EXCLUDING WEEKENDS))

### 7<sup>th</sup> Grade 2024/2025 School Year

I am replacing my PE class with an extra elective.

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Extra elective choice(s)

I am requesting to leave campus during 7<sup>th</sup> period. (certain criteria  
must be met in order for this to be approved, MINIMUM of 15 hours to  
be approved for leaving campus, (EXCLUDING WEEKENDS))

### 8<sup>th</sup> Grade 2024/2025 School Year

I am replacing my PE class with an extra elective.

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Extra elective choice(s)

I am requesting to leave campus during 7<sup>th</sup> period.  
(certain criteria must be met in order for this to be  
approved, MINIMUM of 15 hours to be approved for  
leaving campus, (EXCLUDING WEEKENDS))



**Information Packet for Off-Campus Physical Education Substitution**  
**Friendswood ISD Grades 6<sup>th</sup> (Level 1 Olympic Only) and 7<sup>th</sup> – 12<sup>th</sup> (Level 1 and Level II)**

In order to honor your request for physical education substitution, comply with required curriculum standards, and maintain quality education for the whole child, Friendswood ISD has provided guidelines and procedures to facilitate the physical education substitution process. These guidelines ensure that FISD remains in compliance with FISD policy. (Local and Legal)

***PRIVATE OR COMMERCIALY SPONSORED PHYSICAL ACTIVITY PROGRAMS:***

The Board may award up to 4 credits, which may be substituted for state graduation credit in physical education in appropriate private or commercially sponsored physical activity programs conducted either on or off campus, upon approval by the Commission of Education. 19 TAC 74.11

***OTHER PHYSICAL ACTIVITY PROGRAMS***

The district may award up to 4 credits for physical education for appropriate private or commercially sponsored physical activity programs conducted either on or off campus, upon approval by the commissioner of education.

***The FISD guidelines below should be considered before application to the program.***

- Examples of physical activities include but are not limited to: Ice-skating, Ice hockey, Equestrian training, Gymnastics, Competitive dance, and Ballet
- The physical activity program is conducted by a private or commercially sponsored center, which provides **BOTH** instruction and physical application.
- Level 1 Olympic-Time on task equals no less than **15 hours per week** under the direct supervision of a coach or professional trainer, not to include actual time in competition performance, or travel time. Time on task must occur Monday through Friday. Weekend training hours do not count toward the total 15 hours.
- Level II time on task equals no less than **5 hours per week**, under the direct supervision of a private or commercially sponsored physical activities program and is certified by the superintendent to be of high quality and well supervised by appropriately trained instructors. Time on task must occur Monday through Friday.
- Parents are responsible for providing transportation to and from the physical activity program.
- The student may participate in the Fitness-gram Fitness Test at the pretest and post-test levels.
- Documentation by nine-week period of attendance and assessment of achievement in the substituted activity is to be submitted to FJH/FHS prior to the end of each grading period. Participation will be denied if documentation is not submitted in a timely manner. Grade weight: 60% from coach, 40% completed training log.**
- Applicant must resubmit an application each year to the FJH/FHS student's counselor. Packets are available from the counselor.

***Guidelines for Trainers and Coaches of Students applying for Physical Activities Programs for PE  
Substitution Credit***

For a student to receive PE substitution Credit for participating in your training program the following must be submitted:

1. A letter on business letterhead stating:
  - The purpose of the program.
  - A typical weekly schedule for training and competition.
  - A description of the type and intensity of the program.
  - The levels of competition involved.
  - Other pertinent information.
  - Name, address, phone number and e-mail address of trainer and training facility.
  
2. Report a grade for each nine week to the student's Junior High School/High School Registrar to be placed on the student's report card/transcript.
  - The grade should be on a percentage scale.
  - If the grade is not reported, the student will be given an "I" for incomplete work.
  - If the grade is not reported in a timely manner, the student will be denied the opportunity to participate in the program.
  
3. A daily training log must be maintained and submitted with the grade to the supervisor.
  - The log must include the location and time of training.
  - The log should note absences also.

Attached to this informational letter are the application forms to be completed by the parent or guardian and guidelines for the coach/trainer for submission of grades, attendance logs, and program description letter. If further information is needed please contact your current counselor either at Friendswood Junior High at 281-996-6200 or at Friendswood High School at 281-482-3413.

**Application for PE substitution for Friendswood Jr. High/Friendswood High School**

This application and the letter from the coach/trainer are to be submitted to the campus supervisor. Upon review of the submitted information, approval will be requested from the building principal. The final approval is the decision of the principal.

<b>For office use only</b>		School Year: _____
		Semester(s): _____
Asst Supt. Approval: _____	Principal Approval: _____	
Date: _____	Date: _____	
Trainer letter received: _____	Parent contacted: _____	
Date: _____	Date: _____	

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Printed Parent Name

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Parent Signature

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Student Signature

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Date

Contact Number

**This application is to be completed by the parent or guardian. Please provide the information requested and initial next to the items to indicate agreement.**

\_\_\_\_\_ I am requesting that my student, \_\_\_\_\_, be permitted to participate in a physical activity program during the \_\_\_\_\_ school year as a substitution for PE instruction on the campus.

\_\_\_\_\_ Level I Olympic-level participation and/or competition includes a minimum of 15 hours per week (Mon.- Fri.) of highly intense, professional, supervised training. The training facility, instructors and the activities involved in the program must be certified by the superintendent to be of exceptional quality. Only students qualifying and participating at this level may be dismissed from school one class period per day. Students dismissed may not miss any class other than physical education. *Students enrolled at Friendswood Junior High must be checked out daily, in the attendance office, by the student's parent/ guardian or an adult noted on the student's emergency card.*

\_\_\_\_\_ Level II Private or commercially sponsored physical activities include those certified by the superintendent to be of high quality and well supervised by appropriately trained instructors. Student participation of at least 5 hours per week (Mon.- Fri.) must be required. Students certified to participate at this level may not be dismissed from any part of the regular day.

\_\_\_\_\_ The substitute program includes the physical activity: \_\_\_\_\_

\_\_\_\_\_ The trainer/coach is: \_\_\_\_\_

\_\_\_\_\_ The training will take place at the \_\_\_\_\_ training facility.

\_\_\_\_\_ I understand the Fitness gram pre-test may be administered by the campus physical education teacher.

\_\_\_\_\_ I understand if a log and grade are not submitted to the registrar by the trainer/coach, my student may lose the opportunity to participate in this program.

\_\_\_\_\_ I understand I am responsible for transportation to and from the physical activity program and the school district is not responsible for any contractual agreements with the trainer and coach.

Please complete the following if requesting approval for Level 1 program.

**FRIENDSWOOD JR. HIGH/FRIENDSWOOD HIGH SCHOOL STUDENTS PARTICIPATING  
IN APPROVED OFF-CAMPUS PHYSICAL EDUCATION PROGRAMS.**

Level 1 Olympic Level Programs

**Request, Release and Indemnity**

I, \_\_\_\_\_ am the parent/legal guardian of \_\_\_\_\_ (the student). I hereby request that the student be allowed to leave the Friendswood Jr. High/Friendswood High School Campus during first or last period of the day to travel via personal automobile to \_\_\_\_\_ in order to participate in off-campus physical education program at the location. I understand that the Student's campus administrator must approve any off campus physical education program. *Students enrolled at Friendswood Junior High must be checked out daily, in the attendance office, by the student's parent/guardian or an adult noted on the student's emergency card.*

I, on behalf of the student, myself and my person representative, successors and assigns, hereby release, indemnify and hold harmless the Friendswood Independent School District, its trustees, employees and agents, from all claims made against it or them which may arise in whole or in part from the student's participation in the physical education program at \_\_\_\_\_ as well as the student's travel to/from that location. I further agree to indemnify and hold harmless the Friendswood Independent School District, its Trustees, employees and agents, from all claims made by third parties against it or them which may arise in whole or in part from the Student's participation in the physical education program at \_\_\_\_\_ as well as the student's travel to/from that location.

I understand that the Friendswood Independent School District, its Trustees, employees and agents are not waiving any sovereign or governmental immunity, which it or they have under Texas law.

**\*\*I am aware of the requirements for this request is, that the student must complete a minimum of 15 hours a week in order to leave campus early. (Excluding drive time, and weekend training/competition.)**

I have read and understood this release and sign it voluntarily and with full knowledge of its significance.

\_\_\_\_\_  
Student name (PRINT)

\_\_\_\_\_  
Parent/legal guardian (SIGNATURE)

\_\_\_\_\_  
Date