

# Pleasanton Unified School District

## Independent Physical Education Waiver Program

Students applying for an Independent Physical Education (IPE) waiver must meet the California Physical Education Standards. Please read this document carefully before proceeding with the application process. Students in grades 9-12 may apply for the Independent PE program toward their sophomore year PE requirement; all students must complete PE Course 1 at their high school in 9th grade and 9th grade PE cannot be waived for outside sports. Activity from any high school grade level may be applied toward their second required year of PE being waived.

The following items need to be supplied by the student applying for participation in the PUSD Independent Physical Education Waiver Program. It is the responsibility of the student to submit all forms within the timeframes outlined below.

### In This Packet

**Applications need to be submitted prior to senior year, unless the student is engaging in the sport for the first time during senior year.**

1. Physical Education Waiver Contract (Form A)
2. Coach/Instructor Information Form (Form B)  
**Note: A copy of certification must accompany the application.**
3. PE Activity Log

### Process

1. **Once one year of the sport is completed in a high school year, student and coach fill out form A and B and turn in to Louise Strauch (AVHS) and Jennifer Friesen (FHS) for review. They can be scanned and emailed or given the physical copy (please keep a copy for yourself).**
2. **After VP's pre approval, the student's application will go to the counselor for school board approval and the student should check their Synergy account in the upcoming months to see if the waiver was approved. Waivers are approved by the board 2-3 times each academic year, so the process takes some time.**

**Your completed packet will be reviewed by:**

**Mr. Jaramillo (AVHS VP) [mjaramillo@pleasantonusd.net](mailto:mjaramillo@pleasantonusd.net)  
Ms. Friesen (FHS VP) [jfriesen@pleasantonusd.net](mailto:jfriesen@pleasantonusd.net)**

Pleasanton Unified School District

**PHYSICAL EDUCATION WAIVER PROGRAM**

**CONTRACT (FORM A)**

Please fill out completely and return with your application packet. Students must complete an average of 400 minutes per every 10 days for a semester or year of supervised physical activity that meets state PE requirements in order to apply.

STUDENT NAME \_\_\_\_\_ I.D. # \_\_\_\_\_  
SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_ COUNSELOR \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
ACTIVITY/SPORT \_\_\_\_\_  
NUMBER OF CREDITS REQUESTED TO BE WAIVED: \_\_\_5 (SEMESTER) \_\_\_10 (YEAR)

1. DESCRIBE THE ACTIVITY AND HOW IT MEETS CA STATE PE STANDARDS FOR PE COURSE 2 (<http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Please write in the hours each 10 days this student receives a teaching lesson or supervised practice. (Must equate to a minimum of 400 minutes per 10 school days)

Total hours of instruction/supervised practice per 10 days: \_\_\_\_\_ Months per year: \_\_\_\_\_

PARENT AGREES TO ASSUME ALL RESPONSIBILITY AND TO HOLD PUSD HARMLESS FOR ANY LIABILITY INCURRED DURING THE PERIOD OF THIS IPE WAIVER CONTRACT. *Parent understands that the district can terminate this contract at any time, in the event specific regulations or timelines are not followed.*

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

**PLEASANTON UNIFIED SCHOOL DISTRICT  
PHYSICAL EDUCATION WAIVER PROGRAM**

**COACH/INSTRUCTOR INFORMATION (FORM B)**

COACH: Please fill out this two page form completely and return to the student.  
Students should submit this form with the rest of their packet.

STUDENT NAME \_\_\_\_\_ I.D. # \_\_\_\_\_

SPORT \_\_\_\_\_

COACH/INSTRUCTOR NAME \_\_\_\_\_

**(coach must be able to show proof of certification and may be contacted to verify information)**

NAME OF BUSINESS/BUSINESS LICENSE #:

\_\_\_\_\_

BUSINESS ADDRESS:

\_\_\_\_\_

I hereby certify that I am a certified and qualified professional instructor in the field of:

**\*Please attach a copy of current certification**

\_\_\_\_\_

If this is primarily an outdoor physical activity, describe the alternative program in cases of inclement weather:

\_\_\_\_\_

List which years has this student received instruction from you at an average of 400 minutes every 10 days thus far (DO NOT INDICATE FOR THE FUTURE):

Freshman    Sophomore    Junior    Senior

Coach's signature below certifies that the above physical activity described is correct and that the student completed an average of 400 minutes every 10 days for the time period specified on the application.

\_\_\_\_\_  
**Coach's Signature** (please see statement above)

\_\_\_\_\_  
**Date**

**Coach's Name** (please print): \_\_\_\_\_

PHONE NUMBER COACH CAN BE REACHED FOR QUESTIONS \_\_\_\_\_

**PLEASANTON UNIFIED SCHOOL DISTRICT  
INDEPENDENT STUDY PHYSICAL EDUCATION WAIVER PROGRAM**

**Criteria for IPE Waiver**

Any student applying for an Independent Physical Education waiver must meet the following criteria:

1. The student applying for a P.E. waiver must have an established background and regularly engage in(outside of class) in the physical activity for which the student is requesting a waiver.
2. The P.E. waiver activity must include at least 400 minutes per 10 days.
3. The student must have a coach, teacher, or instructor who is either certified or qualified in their expertise. A copy of their certification must accompany the IPE packet.
4. The program the student is electing to adopt as their P.E. program must be part of a larger network of professionals or member of an association (i.e., Royal Academy of Dancing, United States Tennis Association, United States Figure Skating Association, etc.).
5. The student must be supervised during the P.E. waiver program by the coach, or certified instructor for all of the hours that they count.
6. The IPE waiver program must have a specific curriculum with goals and objectives. There must be a periodic assessment of the student's progress. The instructor must be able to submit attendance and participation records to the school of enrollment.
7. The school or district administrators have the right to observe a session of the agreed upon program at any time upon first notifying the coach or instructor.
8. The P.E. waiver program and its goals must meet the physical education curriculum standards adopted by the Pleasanton Unified School District and the California State Board of Education Physical Education Framework, published 2005:  
<http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf> (Course 2 for Sophomores)
9. For physical activity programs that take place outdoors, an alternative plan for inclement weather needs to be provided.
10. The location of the facility or area of activity must be provided with address and telephone.
11. A disclaimer of liability of PUSD must be signed by the parent or guardian.
12. The certified coach, teacher, or instructor is required to provide documentation of the student's progression upon request.

## PE ACTIVITY LOG

Type of Activity	Location	Date, days and times	Total number of hours
<i>Soccer Practice</i>	<i>Stanford Sports Park, Pleasanton</i>	<i>August - December 2023, Mon, Tues, Thurs 7-8.30 pm</i>	<i>52</i>

Coach's signature confirming the above physical activity log is correct and that the student completed an average of 400 minutes every 10 days for the time period specified on the application.

Coach's Signature (please see statement above)

\_\_\_\_\_

Coach's Name: \_\_\_\_\_ Date: \_\_\_\_\_