Student Name:_____ Grade Level in 2025-26: 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 END OF REGISTRATION

☐ 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)

OFFICIAL USE BELOW

RECEIVED BY PE DEPARTMENT SIGNATURE: _____ DATE:_____

ADMINISTRATION SIGNATURE: _____DATE:_____

▢ APPROVED

▢ NOT APPROVED: _____

Student Name:_____ Grade Level in 2025-26: 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
AUG																															
SEPT																															
OCT																															
NOV																															
DEC																															
JAN																															
FEB																															
MAR																															
APR																															
MAY																															
JUN																															

TOTAL HOURS ANTICIPATED_____