

Appendix E (CHOICE SCHOOLS) Request for Excuse from Physical Education

Student Name: _____ Student ID #: _____ Class of: _____

Minimum state and district graduation requirements require all students to earn one and one half (1.5) credits in physical education through coursework. However, in accordance with RCW 28A.230.050, individual students may be excused from participating in physical education.

Students seeking to be excused from physical education must complete and submit this form (Appendix E). In accordance with WAC 180-51-067, excused students must demonstrate competency/mastery of the knowledge portion of physical education and engagement in physical activity. This requirement is met through successful completion of both the district-approved and district-administered Fitness Assessments AND the Athletic/Activity Log.

Rationale: LWSD Choice Schools do not offer high school level Physical Education courses.

To meet the state's graduation requirements, Choice School students must complete this request, in accordance with your school's procedures.

Students MUST complete all 3 components to waive the 1.5 credits in physical education required by both the state and LWSD. Successful completion of each individual component is equivalent to one semester/.5 credit of PE. Because physical education courses are not an available option at the CHOICE school, students must pass and complete the following requirements:

- ☐ Fitness Assessment #1
- ☐ Fitness Assessment #2
- ☐ Athletic/Activity Log (See page 2 for details)

Office Use Only: ☐ Fitness Assessment #1 passed ☐ Fitness Assessment #2 passed ☐ Activity Log

Administrator/Designee Signature

Date

Entered by Data Processor

Date

Student Name: _____ Student ID #: _____ Class of: _____

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Athletics/Activity Log (Choose one option below)

☐ **ON CAMPUS - Participation in LWSD extra-curricular athletic program**
Successful participation and full completion of one LWSD athletic season = .5/one semester credit of PE.

Sport:	Season:	Year:
School:	Coach Name:	

☐ **OFF CAMPUS - Participation in Community-based organized athletics/activities**
Successful participation requires a minimum of 80 hours of regular workout, practices, and competitions within the academic school year, not including summer. 80 hours = .5/one semester credit of PE

Program/Sport:
Coach/Sponsor Name:
Coach/Sponsor Contact Information:
Dates of participation:

I VERIFY COMPLETING A SEASON OF A SPORT/THE HOURS OF ACTIVITY REPORTED ARE ACCURATE.

Student Signature _____ Date: _____

Parent/Guardian Signature _____ Date: _____

Coach or Athletic Director Signature _____ Date: _____