



Physical Education Waiver – Frequently Asked Questions For Parents/Students (FAQ)

Updated for 2025–26 School Year | Roseville Joint Union High School District

1. Why are there changes to the PE requirement this year?

To better serve student needs and align with [Board Policy 6142.7](#), RJUHSD has:

- Expanded PE 10–eligible courses
- Clarified the PE exemption (waiver) process for Marching Band, Color Guard, Dance 2 and higher, and Athletics
- Reinforced alignment with the California Education Code and graduation requirements

2. What are the PE graduation requirements?

- All students must earn 20 PE credits to graduate.
- PE 9 (10 credits) is required for all 9th graders.
- The second 10 credits can be earned through [PE 10 eligible courses](#) or a board-approved PE exemption waiver.

3. What is the PE 10 Waiver?

There are **two** types of exemption waivers:

1. Athletics Waiver (Interscholastic Sports – Class of 2028+)

Students may apply for a waiver if they:

(If your student is enrolled in a sport and Athletic PE or PE 10 eligible course, they do not need to complete a waiver, as Athletic PE will satisfy the second year of PE requirement.)

- Pass PE 9 with a C or better
- Pass 5 of 6 Physical Fitness Test in 9th grade
- Complete two full seasons of a school-sponsored sport (grades 10–12)

Additional conditions:

- Each season must include 75+ hours of coach-supervised practice
- Students must complete the whole season (injuries or removal disqualify eligibility)
- Club sports, independent training, E-sports, and manager/helper roles do not qualify
- Students must remain academically eligible throughout
- Counselor must sign the waiver form
- If not completed by junior year, the student will be enrolled in PE in their senior year

2. Performing Arts Waiver (Dance 2 or higher, Marching Band, Color Guard – Class of 2028+)

Students may apply if they:

- Pass PE 9 with a C or better
- Pass 5 of 6 Physical Fitness Test in 9th grade

4. How do families apply for the PE waiver?

Families must:

- Review the eligibility criteria with their student's counselor.
- Submit a completed PE Waiver Request Form by May 1 of the year they are applying. Waivers are available on your school's Counseling website, or you can obtain one from your student's Counselor.
- Ensure the student is enrolled in and completes the qualifying course.

5. What courses qualify to fulfill the PE 10/Second Year of the PE graduation requirement?

Eligible Courses:

Students can now fulfill the PE 10 (second year PE) requirement by enrolling in any of

the following:

- Athletic PE
- Team Sports
- Personal Fitness
- Lifetime Sports
- Weight Conditioning / Advanced Weight Conditioning

All of these courses are Board approved and meet the state requirements for PE content and instruction.

6. What is "Team Sports" and how is it different from school athletics?

Team Sports is a PE 10-eligible class offered during the school day.

- It includes structured physical education aligned to state standards.
- It is not the same as participation on a school athletic team.

Students may choose Team Sports if they prefer a regular class period instead of playing a school-sponsored sport.

7. What if my student starts but doesn't finish a waiver eligible activity?

If a student drops or does not complete the waiver-eligible course (Dance 2 or higher, Marching Band, Color Guard) or two sport seasons, they will be automatically enrolled in a PE course to fulfill graduation requirements by their Senior year.

Still have questions?

Please contact your student's school counselor for guidance and to discuss the best options based on your student's schedule and graduation plan.