

EVERETT SCHOOL DISTRICT

PHYSICAL EDUCATION

WAIVER 1



(Application for students completing their first PE waiver.)



EVERETT SCHOOL DISTRICT PE WAIVER PROCESS

- Student must have **successfully completed PE 1** before being eligible for a PE waiver.
- PE waiver applications must be pre-approved by the PE Waiver Coordinator
- Complete PE Waiver Application form in ink.
- Application forms are due as follows:
 - Fall: Second Friday in September
 - Winter: First Friday in December
 - Spring: Second Friday in March
- Student has 2 weeks from the completion of the season/activity to complete and submit the waiver forms. Season end dates are as follows:
 - Fall: Second Friday in November
 - Winter: Second Friday in February
 - Spring: Second Friday in May
- For the complete list of PE waiver requirements, please refer to the "Waiver of Physical Education Credit" page, attached to the application packet.
- Special circumstances may be considered. See PE Waiver Coordinator for questions. (ex. health conditions)

Granted Pre-Approval Start Date: _____

Due Date: _____

Students are expected to meet the required due dates.



Waiver of Physical Education Credit

To be eligible for graduation, state law and Everett School District policy requires students to complete a minimum of 1.5 credits of Physical Education. District policy allows high school principals to waive up to 1.0 credit of the Physical Education requirement. If a Physical Education credit is waived, the student is still required **to complete a minimum of 22 or 24 total credits to graduate from high school (varies with student's graduation year).**

Purpose: The purpose of this waiver program is to provide students whose 4-year high school plan is filled with academic courses an opportunity to satisfy Physical Education graduation requirements. **Students requesting a Physical Education Credit Waiver may not enroll in Teacher Assistant (TA), Early Release or Late Arrival during their four years.** If open periods become available the four years, they will be filled with a physical education class. (Students with special health circumstances may be eligible for the waiver process which requires building Principal permission.) Upon completion of this packet students will have met newly adopted Washington State Physical Education Standards 1-5 outlined by OSPI and are eligible to waive a .5 credit of P.E. (RCW 28A.230.050)

Procedure: To be granted a waiver of Physical Education credit, students must meet the following criteria:

1. **The waiver plan must be pre-approved by the Physical Education Waiver instructor within the first two weeks of the start of the activity or athletic program.**
2. Student must have passed one semester of Introductory P.E.
3. Participate in directed athletics including community and school programs or participate in marching band or NJROTC.
4. Activities with personal trainers or individual workouts **DO NOT** meet the definition of "Directed Athletics" as required by state law and cannot be used for this waiver program.
5. Commitment from an adult coach (not a parent or guardian or other family member) to monitor your activity and verify such activity to meet the requirements.
6. Non-School sponsored sports must provide practice/competition schedules.
7. **Documentation of 75 hours (0.5 credits) within two weeks of completion of designated sport/activity.** Allowable hours include practice and competition/performance time only.
8. The student must finish the athletic program in good standing to receive the waiver. Each coach determines good standing for the program.
9. **Completion of the required cognitive assignments within the packet.**



EVERETT SCHOOL DISTRICT

Application for Alternative Program to Meet Physical Education Requirement

Directed athletics and activities must comply with parameters established by the Everett Public Schools' Risk Management Pool. Certain hazardous activities are prohibited. The district has the right to reject any activity that is judged to be unsafe.

Student Information

Name _____ Student # _____

School _____ Grade 9 10 11 12

Address _____

(Street, City, Zip)

Phone _____ Semester/Year PE 1 (Intro to PE) completed _____

Reason applying for program: _____

Organization: _____

I wish to meet the PE requirement through this alternative program. I understand that if I do not complete the necessary hours, documentation or reflection, I will either need to repeat the process or take a PE course for credit. I understand this process will fulfill a PE requirement but will not result in credit and that I must still earn 22 or 24 total credits to graduate. I understand that if space becomes available in my four-year schedule, I will take PE rather than TA, Early Dismissal, or Late Arrival.

Student Signature _____ Date _____

I agree that my student may pursue this alternative program to meet the PE requirement. If the necessary hours, documentation or reflection are not completed, my student will be required to repeat the process or take a PE course for credit. I understand this process will fulfill a PE requirement but will not result in credit and that my student must still earn 22 or 24 total credits to graduate. I understand that if space becomes available in my student's four-year schedule, he/she will take PE rather than TA, Early Dismissal, or Late Arrival. It is my responsibility to know the details of my student's meetings including where, when, purpose and with whom.

Parent/Guardian Signature _____ Date _____

Activity Supervisor Information

Name: _____ Title: _____

Address _____
(Street, City, Zip)

Home Phone _____ Work/Cell Phone _____

I agree to supervise this student in this alternative program. I will participate in the process and honestly document and approve all activities and/or hours the student participates in. I attest that I am not the parent, guardian or sibling of the student.

Supervisor Signature _____ Date _____

I approve this student's PE requirement plan. Terms of the plan must be completed by _____
(Student has two weeks after season is completed to turn in the remainder of the paperwork requirements) (Date)

Physical Education Supervisor Signature: _____ Date _____

Principal Signature: _____ Date _____

To be completed at the end of the term

The student has met .5 credits of the PE requirement. (Circle One) The student has not earned actual credit.

Principal Signature _____ Date _____



Washington State Physical Education Standards Checklist

The following document explains how each portion of the waiver process connects to a Washington State Physical Education learning standard.

Physical Education Standard 1: *Students will demonstrate competency in a variety of motor skills and movement patterns.* (Met by participating in your self-selected activity)

Physical Education Standard 2: *Students will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.* (Met by participating in your self-selected activity and Waiver 1: Individual Fitness Plan)

Physical Education Standard 3: *Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.* (Met by Waiver 1: Individual Fitness Plan and Waiver 2: Fitness for a Lifetime program)

Physical Education Standard 4: *Students will exhibit responsible personal and social behavior that respects self and others.* (Met by participating in your self-selected activity)

Physical Education Standard 5: *Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.* (Met by participating in your self-selected activity and Waiver 2: Fitness for a Lifetime program)



EVERETT SCHOOL DISTRICT Sport/Activity Analysis

The following assignment must be completed along with the application form for the pre-approval process.

This is your opportunity to analyze your sport or activity in relationship to the five components of fitness. Written below are definitions of the five components of fitness with example activities that will assist you in the activity analysis portion of the packet.

Cardio-Respiratory Endurance – the ability of the heart, lungs, and blood vessels to use and send fuel and oxygen to the body's tissues during long periods of moderate-to-vigorous activity

- **Activities:** Running, jogging, walking, bicycling, swimming or other activities where you are in your target heart rate zone for a minimum of 20 minutes.

Flexibility – the ability to move the joints through a full range of motion

- **Activities:** Stretching, Yoga, Tai-Chi, or other activities that increase or sustain your range of motion of your joints.

Muscular Endurance – the ability of the muscles to perform physical tasks over a period of time without becoming fatigued

- **Activities:** Weight training with light weight for 12-15 reps; push-ups, sit-ups, crunches, leg lifts, squats, body weight resistance exercises.

Muscular Strength – the amount of force a muscle can exert

- **Activities:** Weight training with heavy weight (60-75% of your 1 rep max) for 7-10 reps, exercises with additional resistance added by another person or additional weights. Body weight may be used for this depending on the exercise and your ability to do that exercise. Example: Pull-ups.

Body Composition – a measure of one's percentage of fat body mass compared to lean body mass

- **Activities:** Exercise and attention to a healthy diet helps people reach a healthy Body Composition.



EVERETT SCHOOL DISTRICT Sport/Activity Analysis

Using the five components of fitness definitions above and prior knowledge in Physical Education 1 classes describe how your activity promotes or improves each component of fitness. Example exercises would be good to add in your description. Indicate if you think your activity is strong or weak in any of the components. Some components of fitness may be focused on more within your sport or activity than others.

Cardio-Respiratory Endurance:

Circle one: Strong Weak

Flexibility:

Circle one: Strong Weak

Muscular Endurance:

Circle one: Strong Weak

Muscular Strength:

Circle one: Strong Weak

Body Composition: (Indicate how you think your body composition will change and or improve with your given activity and describe why.)



EVERETT SCHOOL DISTRICT

Alternative Program to Meet Physical Education Requirement

Log of Physical Activity

After participating in an activity, document the dates of the week, activity, and time spent in the activity for the week. This log must be returned to meet the Physical Education requirement. In one sport/activity season you must accumulate a minimum of **75** hours to meet a .5 PE requirement). In activities such as marching band, dance, etc., time spent in competitions or performances may be counted as all members are involved at all times. Directed athletics and activities must comply with parameters established by the Everett Public Schools' Risk Management pool. Certain hazardous activities are prohibited. The district has the right to reject any activity that is judged to be unsafe.

Dates of Week	Activity	Weekly Hours	Coach Initials		Dates of Week	Activity	Weekly Hours	Coach Initials
	TOTAL HOURS					TOTAL HOURS		

I verify that the hours of activity reported are accurate.

Student Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

Coach/Advisor Signature: _____

Date: _____

Waiver 1: Cognitive Assessment

Individual Fitness Plan Using Training Principles

Create a one month fitness plan that supports your sport or activity regarding 4 components of fitness; (Muscular Strength, Muscular Endurance, Flexibility and Cardiorespiratory Endurance). The following training principles must be considered and included when designing your workout plan or regimen. Youtube.com is a source for more information.

Overload: Overload refers to the amount of load or resistance placed on the body. An individual must provide a greater stress, or load, on the body than it is normally accustomed to in order to increase fitness levels.

Progression: Progression is the way in which an individual should increase the load. When the load becomes too easy the individual must use the principle of progression and begin to overload the muscle again to make improve in overall muscular strength or endurance.

Specificity (SAID principle): In order to get better at your particular sport or activity you must do exercises that are similar to or support your given sport. For example, a distance runner needs to focus a great deal on training their cardiovascular system. It would not be beneficial for them to push extremely heavy weights in the weight room.

Reversibility: If you take too long of a rest your training effects will begin to reverse. Rest is important however if done too often you will go backwards in your progress toward your goal.

Diminishing return: The more fit you get doing a particular activity the slower your gains will become. For example, if you are training in long distance running, you may see your running times improve dramatically to start. After a while those margins of improvement will begin to slow down or narrow.

Rest and Recovery: It is important to get adequate rest so that your body can recover properly. In recovery your muscles and cardiovascular system have a chance to recover and replenish. Overtraining can work against your overall success when training for any activity leading to breakdown or injuries.

Make sure to incorporate upper and lower body exercises that give you a balanced approach for your exercise regimen. Your plan should have a variety of exercises included. Describe how you applied the training principles above in your workout. Use your PE teachers, coaches or trainers as a resource if you are struggling to come up with a plan.

How you present this plan is up to you. You might want to do a calendar format or simply a list format. Use a creative process that works best for you. Attach your plan to this document for the PE Waiver Instructor to assess.