

The School Board recognizes the value of physical education to the maintenance of the health and vitality of all students, and the development of lifelong habits which enhance personal fitness, social and emotional learning, and wellness. It shall be the policy of the Board that:

- Physical Education shall be available to all students.
- Students in grades 6 through 8 shall be provided on average 100 minutes per week per year.
- The physical activity portion requirement could be waived if the student meets one of the following four waiver options AND completes the knowledge portion with proficiency in physical education in 8<sup>th</sup> grade administered through district PE Department.

| <b>2023-2024 MIDDLE SCHOOL PHYSICAL EDUCATION WAIVER REQUEST</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                   |                                   |               |               |
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| <b>Student Name:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                   | <b>Student ID:</b>                |               | <b>Email:</b> |
| <b>School:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Counselor:</b> | <b>Grade:</b>                     | <b>Phone:</b> |               |
| <input type="checkbox"/> <b>Waiver Request Option One – Directed Athletics – WAC180-51-068 – Requirements:</b> <ul style="list-style-type: none"> <li>• Participation in TWO Everett School District extra-curricular athletic programs <b>requirements:</b> Coach verification</li> <li>• <b><i>Pass the grade 8 OSPI Classroom Based Assessment with proficiency administered through district PE Department</i></b></li> </ul> <p>Participation in community-based organized athletics <b>requirements:</b> (2321P- must document one hundred (100) average minutes per week per year)</p> <ul style="list-style-type: none"> <li>○ Weekly log documenting regular workouts, practices, competitions</li> <li>• Parent/Guardian verification and Coach verification</li> <li>• <b><i>Pass the grade 8 OSPI Classroom Based Assessment with proficiency administered through district PE Department</i></b></li> </ul> |                   |                                   |               |               |
| <input type="checkbox"/> <b>Waiver Request Option Two – Religious Belief – RCW28A.230.040 - Requirements:</b> <ul style="list-style-type: none"> <li>• The student's religion stipulates against participation in physical education. Verification from the student's religious leader.</li> <li>• <b><i>Pass the grade 8 OSPI Classroom Based Assessment with proficiency administered through district PE Department</i></b></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                   |                                   |               |               |
| <input type="checkbox"/> <b>Waiver Request Option Three – Physical Disability - RCW28A.230.040 - Requirements:</b> <ul style="list-style-type: none"> <li>• Verification from Individualized Education Program (Determined by IEP team)</li> <li>• Doctor or health care professional indicates that participation in a PE class will be detrimental to a student's health</li> <li>• <b><i>Pass the grade 8 OSPI Classroom Based Assessment with proficiency administered through district PE Department</i></b></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                             |                   |                                   |               |               |
| <input type="checkbox"/> <b>Waiver Request Option Four- Principal Discretion – Requirements:</b> <ul style="list-style-type: none"> <li>• A good cause determined by the principal</li> <li>• <b><i>Pass the grade 8 OSPI Classroom Based Assessment with proficiency administered through district PE Department</i></b></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                   |                                   |               |               |
| <b>Parent Name:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                   | <b>Parent Signature and Date:</b> |               |               |
| <b>Home address:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                   |                                   |               |               |
| <b>Parent email address:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                   |                                   |               |               |