



Garfield High School Physical Education Waiver Request Form

PE Waivers will be granted for only ONE semester at a time. Request forms should be completed and returned to Mr. Howard, Principal. Waivers received after the deadline for the applicable semester **will be denied**.

First Semester deadline – March 1st

Second Semester Deadline – October 1st

Beginning second semester of your Junior year you have until March 1st to request your first PE Waiver. Waiver requests must be directly related to the criterion listed below.

The following six categories qualify as allowable reasons for the principal to consider waiving of PE:

1. **Physical Disability** – Attach verification from doctor or health care professional indicating that participation in a PE class will be detrimental to student’s health.
2. **Religious Belief** – Religion stipulates against participation in physical education. Verification from student’s religious leader is required.
3. **Directed Athletics** – Participation in Seattle School District extra-curricular athletic programs requires coach’s verification. Participation in community based organized athletics requires weekly log documenting a minimum of 80 hours (during the semester that you are requesting the waiver – summers do not count) of regular workouts, practices, and competitions. Parent/guardian and coach’s verification are required.
4. **Military Service and Tactics**, Completing Military reserves Basic Training or Advanced Individual Training, or Junior ROTC.
5. You cannot request a waiver if you are currently taking a Physical Education course. (Swimming, Weight training)
6. **Academic Requirement** – A student take and pass a full academic course load each semester (3 credits per semester) (No TA’s) may qualify for a waiver. Include a copy of the current class schedule and transcript. *

* Students must take and pass 3 credits per semester. Running start students will take and pass 15 credits per quarter. First P.E. waiver second semester of Junior year deadline is March 1st. Second P.E waiver deadline is October 1st of Senior year. Third P.E. Waiver deadline is March 1st of second semester of Senior year.

Name: _____ **Date:** _____
PLEASE PRINT (last) (first)

Student ID#: _____ **Class of** _____

Waiver Category #: _____ **for Semester ending** _____
(See categories 1 – 5 above) (month) (year)

Note of Explanation: _____

Teacher/Coach Signature: _____ **Parent/Guardian Signature:** _____
→ _____ → _____

***** RETURN THIS FORM TO MR. HOWARD, PRINCIPAL *****

Attach a copy of your current class schedule and transcript

Approved OR Denied by: _____
CIRCLE ONE Administrator Date

Entered by: _____ **Course #** _____ **Term:** _____
Date

Log for Documenting PE Waiver Request Physical Activity (minimum 80 hours)

Activity	Date	# Hours	Supervised by

Total Hours: _____