

Seattle Public Schools Physical Education (PE) Waiver Request Form

Grades 7 & 8 ONLY - Due December 2, 2024

Send to jetai@seattleschools.org

Student's Name (Print Clearly): _____ Grade: 7th 8th

Students in grades 7 or 8 are required to participate in at least 60 hours of directed athletic activity each school year (equal to one semester of PE instruction) unless such participation is waived. PE Waivers may be requested for the following reasons - please check one:

1. Physical Disability - Doctor's Name: _____
Verification from student's doctor or health care professional must be attached.

2. Religious Belief - Religious Leader's Name: _____
Verification from student's religious leader must be attached.

3. Directed Athletics - Document the activity or team below
Verification letter from the coach must be attached or detailed information from parent/guardian must be documented below.


Check one: School Team Outside Team Independent Activity


Describe and document Directed Athletics hours:

Sport/Activity: _____ # of Hours per Week: _____

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 Total Documented Sport/Activity Hours, Sept. 2024 - June 2025: _____
(Note: Must be greater than 60 hours to qualify for a District PE Waiver)

 Parent/Guardian Signature _____ Date _____

Requests should be submitted to Eckstein's main office. Requests will be considered ONLY when submitted with the required documentation.

For office use:

Documentation attached? Date received: _____

Physical Education (PE) Waiver

Seattle Public Schools Policy - Students in grade 1-8 are required to participate in at least 100 instructional minutes per school week in PE classes (60 hours per .5 semester credit) unless such participation is waived. Seattle Public Schools does not endorse PE Waivers. **Reference:** [RCW 28A.230.040](#)

Students in grades 1-8 may be excused from the PE instruction requirement for the following reasons:

- A. Physical Disability
- B. Religious Belief
- C. Participation in Directed Athletics

Physical education waivers are not automatically granted, especially in cases where students have room in their school schedules to participate in a PE class. **Students can be denied a PE waiver when appropriate and submitting a request does not ensure that a waiver will be granted.**

Verification from a physician, religious leader, coach, instructor, or parent/guardian must be included or attached to a waiver request and submitted to the Main Office no later than **Due December 2, 2024**. You may submit electronically to jetai@seattleschools.org.

If verification and approval is not received, students will be scheduled for a PE class during the second semester in place of another chosen elective.

Criteria for Verification & Waiver Documentation

- A. Physical Disability** - Attach verification from student's doctor or health care professional indicating that participation in a PE class will be detrimental to a student's health.
- B. Religious Belief** - Attach a request from a student's religious leader for Religious Accommodation per School Board Policy D150.01
- C. Participation in Directed Athletics** - Waivers for participation in directed athletics can be granted to students who are participating in Seattle Public School-sponsored sports or athletic teams, community-based athletic teams, or organized physical activity. To receive a PE waiver, **the student must participate in a minimum of 60 documented hours of activity. Verification of the dates and number of participation hours must be included or attached to the request form.**

Examples of activities that MAY qualify for a PE waiver include participation in tennis, ballet, karate, regularly scheduled running or fitness classes, competitive ice-skating, swim team or other team sports. **Eckstein sports teams (Ultimate Frisbee, Soccer, Basketball, Track and Volleyball) are the equivalent of 30 participation hours.** Please note, however, that space is limited on some Eckstein athletic team rosters, so participation is NOT guaranteed to every student who plans to turn out for a school sport if team cuts need to be made.