

## High School Physical Education Waiver Application

Pasco School District encourages all students to complete the P.E. credits required for graduation. Achieving proficiency on key health and physical fitness state standards is required, and the district desires to promote a healthy lifestyle through regular physical activity.

Students may request a waiver for one P.E. course in the 11<sup>th</sup> and 12<sup>th</sup> grade years (1.0 credits total). Only in extreme extenuating circumstances will a student be approved to waive a third Physical Education course. The purpose of a P.E. waiver is to increase course flexibility to better meet a student's post-high school goals. Full-time enrollment (5 trimester-based high school courses each term) is required for waiver approval, and an approved waiver does not decrease the overall credits required for graduation.

This form must be completed by the student for each P.E. course waiver requested. An alternative Physical Education assessment must be completed in conjunction with the waiver application (i.e. fitness plan/portfolio). *Additional alternative assessment options may be developed by the P.E./Health faculty, with district approval.*

**Forms are DUE on March 31st annually. Students and families will be notified of waiver approvals by June 1<sup>st</sup> of the academic year in which they are requested.**

Academic Year: \_\_\_\_\_

Date of Application: \_\_\_\_\_

Student Name: \_\_\_\_\_

Student ID #: \_\_\_\_\_

High School: \_\_\_\_\_

Graduation Year: \_\_\_\_\_

Physical Education Credits Completed:     0.5 credit                       1.0 credit

Have you received a P.E. waiver for prior academic year(s)?

Yes – list year(s): \_\_\_\_\_

No

Were you enrolled full-time (5 courses) during each trimester this school year?     Yes                       No

Check the appropriate box for waiver request:

*The following six categories qualify as allowable reasons for the administrator to consider waiving physical education under state law.*

**Physical Disability** – Attach verification from doctor or health care provider indicating participation in a physical education class will be detrimental to student's health.

**Employment\*** – Attach verification from employer including dates and times of employment.

**Religious Belief** – Attach a note from parent/guardian if religion does not allow for participation in P.E.

**Directed Athletics\*** – Participation in school district extra-curricular athletic program. Student must complete season in good standing.

**Military Science & Tactics\***

**Other Good Cause\*** – Please explain. \_\_\_\_\_

*\*Exclusions for P.E. Waivers: A student is not eligible for a PE waiver if one or more of the following apply:*

- Position as T.A./Office Assistant
- Use of an Open Period (e.g., late arrival, early dismissal)
- Previous failure of a high school physical education class

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**For Office Use Only:**

Principal Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Waiver Approved:     Yes                       No

Family Notified – Date: \_\_\_\_\_

## Student Fitness Plan/Portfolio

Students must submit a written health/fitness plan with the P.E. waiver application form. The fitness plan must include the following components:

- **SMART Goal:** Identify a personal health-related fitness goal following SMART format (Specific, Measurable, Attainable, Realistic, Timebound).
- **Program Design:** Document the planned fitness program to meet your identified goal. The plan must include warm-ups, physical activity based on FITT principles (Frequency, Intensity, Time and Type), planned progression of increased intensity or duration, and cool down activities.
- **Strategies:** Plan strategies to ensure personal safety during performance of physical activities, as well as specific strategies to maintain personal motivation to complete the program and achieve your goal.

Submitted plans must be scored at 80% or higher (earn a “3” or “4” on each component).

## Student Fitness Plan Rubric

CATEGORIES		4	3	2	1
PLAN	<b>GOAL</b> Identify a health-related fitness component and write a S.M.A.R.T. Goal	Clearly identifies all 5 areas of a S.M.A.R.T. Goal	Clearly identifies 4 of the 5 areas of a S.M.A.R.T. Goal	Clearly identifies 3 of the 5 areas of a S.M.A.R.T. Goal	Clearly identifies 1-2 of the 5 areas of a S.M.A.R.T. Goal
	<b>WARM-UPS</b> Gentle exercises that increase in intensity and gradually raise heart rate and temperature of muscles	Clearly identifies all 3 areas of a warm-up: <ul style="list-style-type: none"> <li>Type of exercise</li> <li>Duration</li> <li>Intensity</li> </ul>	Clearly identifies 2 of the 3 areas of a warm-up: <ul style="list-style-type: none"> <li>Type of exercise</li> <li>Duration</li> <li>Intensity</li> </ul>	Clearly identifies 1 of the 3 areas of a warm-up: <ul style="list-style-type: none"> <li>Type of exercise</li> <li>Duration</li> <li>Intensity</li> </ul>	Shows little or no understanding of a proper warmup
PROGRAM DESIGN	<b>FITT PRINCIPLE</b> Analyzes the FITT Principle as related to established goals	Clearly analyzes all 4 areas of the FITT Principle	Clearly analyzes 3 of the 4 areas of the FITT Principle	Clearly analyzes 2 of the 4 areas of the FITT Principle	Clearly analyzes 1 of the 4 areas of the FITT Principle
	<b>PROGRESSION</b> Addresses increase in intensity and/or duration of exercise(s)	Clearly records information regarding reps, sets, weight or time. Progression is evident.	Records information regarding reps, sets, weight or time. Progression is difficult to determine.	Records information regarding reps, sets, weight or time. Little or no progression is apparent.	Exercises are not recorded properly and little or no progression is apparent.
	<b>COOL-DOWN</b> Slowing down the level of activity to decrease heart rate and muscle temperature	Clearly identifies all 3 areas of a cool-down: <ul style="list-style-type: none"> <li>Type of exercise</li> <li>Duration</li> <li>Intensity</li> </ul>	Clearly identifies 2 of the 3 areas of a cool-down: <ul style="list-style-type: none"> <li>Type of exercise</li> <li>Duration</li> <li>Intensity</li> </ul>	Clearly identifies 1 of the 3 areas of a cool-down: <ul style="list-style-type: none"> <li>Type of exercise</li> <li>Duration</li> <li>Intensity</li> </ul>	Shows little or no understanding of a proper cooldown
STRATEGIES	<b>SAFETY</b> Identifies potential dangers during the workout that could result in injury	Clearly identifies all of the following: <ul style="list-style-type: none"> <li>2 potential dangers</li> <li>2 solutions to the potential dangers</li> </ul>	Clearly identifies 3 of the following: <ul style="list-style-type: none"> <li>2 potential dangers</li> <li>2 solutions to the potential dangers</li> </ul>	Clearly identifies 2 of the following: <ul style="list-style-type: none"> <li>2 potential dangers</li> <li>2 solutions to the potential dangers</li> </ul>	Clearly identifies 1 of the following: <ul style="list-style-type: none"> <li>2 potential dangers</li> <li>2 solutions to the potential dangers</li> </ul>
	<b>MOTIVATION</b> Identifies challenges and strategies for completing fitness plan	Clearly identifies all of the following: <ul style="list-style-type: none"> <li>2 challenges</li> <li>2 strategies for overcoming challenges</li> </ul>	Clearly identifies 3 of the following: <ul style="list-style-type: none"> <li>2 challenges</li> <li>2 strategies for overcoming challenges</li> </ul>	Clearly identifies 2 of the following: <ul style="list-style-type: none"> <li>2 challenges</li> <li>2 strategies for overcoming challenges</li> </ul>	Clearly identifies 1 of the following: <ul style="list-style-type: none"> <li>2 challenges</li> <li>2 strategies for overcoming challenges</li> </ul>