

**Regina High School  
P.E. Waiver Option for 2020-2021**

Physical activity and healthy decisions are important components for every student. The Regina High School requires our students to complete 2.0 credits of Physical Education (P.E.), as required by the State of Iowa. Students must enroll in physical education each year. Under certain conditions, exemptions to physical education classes may be granted to students as written in Iowa Code 256.11. 281 – IAC 12.4(5)f.

**All Grades**

- Medical Exemption—Must file a statement signed by a physician or health care provider
- Conflict with Religious Belief—Must file a written statement to the Principal

**Grades 9-11**

- Academic Course Not Otherwise Available—Example: to allow for a student to participate in Choir
- Organized & Supervised Athletic Program—Must be a school sanctioned and supervised sport

**Grade 12**

- Academic Course Not Otherwise Available
- Organized & Supervised Athletic Program
- Off-Campus Educational Program—Examples: Kirkwood Career Academy, UI courses, internship

---

Regina Student Requesting PE Waiver: \_\_\_\_\_

Grade: \_\_\_\_\_ Current Date: \_\_\_\_\_ Semester and Year of PE waiver: \_\_\_\_\_

Reason student is requesting PE waiver: (Check all that apply)

\_\_\_\_ Medical Exemption      \_\_\_\_ Conflict with Religious Belief

\_\_\_\_ Academic Course Not Otherwise Available—What Course: \_\_\_\_\_

\_\_\_\_ Organized & Supervised Athletic Program—What Sport(s): \_\_\_\_\_

\_\_\_\_ Off-Campus Educational Program (12<sup>th</sup> grade only) What Program: \_\_\_\_\_

How will the student meet the state requirement of one-eighth unit of physical activity (120 minutes) per week?

---

I, the undersigned, agree to be responsible for the needed physical activity, as stated above. I am requesting a physical education exemption for the student stated above.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

For office use only

Administrative Approval or Denial	Effective Dates:	Copies: ____ Student and Parent/Guardian ____ Student File
-----------------------------------	------------------	--