

**Regina High School
P.E. Waiver Option Request Form**

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 (letter required) ____ Conflict with Religious Belief (letter required)

____ Academic Course Not Otherwise Available—What Course: _____

____ Organized & Supervised Athletic Program—What Sport(s): _____

____ Off-Campus Educational Program (12th 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
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