



PHYSICAL EDUCATION WAIVER

The State of Iowa requires all students who are physically able to participate in physical education each semester they are enrolled in school. A student may, however, be excused from this requirement under one of the following exceptions as referenced in [Iowa Code](#) sections 256.11(5)"g" and 256.11(18).

Cherokee Washington High School recommends students complete 1.0 credit of physical education per academic year. This requirement can be satisfied with a physical education class everyday for one semester, or with a physical education class every other day for both semesters.

Students seeking to waive Physical Education must have their parent/guardian complete a waiver request form.

Students may request this requirement be waived for a semester if their schedule is limited due to academic courses or Work-Based Learning opportunities if they have a medical limitation, or if there is a conflict with their religious beliefs.

Student Name:		Date:		
Current Grade: 9 10 11 12		School year:	Semester:	
<input type="checkbox"/> Sports Equivalency Waiver	<input type="checkbox"/> Medical Waiver	<input type="checkbox"/> Religious Waiver	<input type="checkbox"/> Academic Waiver	<input type="checkbox"/> Work-Based Learning (WBL) Waiver

Please return this completed waiver form to the Counseling Center. The counselor reviews waiver applications, which are then submitted for approval by the building principal.

Signature of Student:	Date:
Signature of Parent/Guardian:	
Signature of School Counselor:	
Signature of School Nurse (for Medical Waiver):	
Signature of WBL Coordinator (for WBL Waiver):	
Signature of Building Principal:	

CHEROKEE WASHINGTON HIGH SCHOOL

Counseling Department



g. (1) All students physically able shall be required to participate in a minimum of one-eighth unit of physical education activities during each semester they are enrolled in school except as otherwise provided in this paragraph. A student who meets the requirements of this paragraph shall be excused from the physical education requirement by the principal of the school in which the student is enrolled if the parent or guardian of the student requests in writing that the student be excused from the physical education requirement. A student who wishes to be excused from the physical education requirement must be seeking to be excused in order to enroll in academic courses not otherwise available to the student, or be enrolled or participating in any of the following:

(a) A work-based learning program or other educational program authorized by the school which requires the student to leave the school premises for specified periods of time during the school day.

(b) An activity that is sponsored by the school in which the student is enrolled which requires at least as much physical activity per week as one-eighth unit of physical education.

(2) The principal of the school shall inform the superintendent of the school district Fri Dec 22 18:07:40 2023 Iowa Code 2024, Chapter 256 (210, 123) 27 DEPARTMENT OF EDUCATION, §256.11 or nonpublic school that the student has been excused. Physical education activities shall emphasize leisure time activities which will benefit the student outside the school environment and after graduation from high school.

(3) A student who is enrolled in a junior reserve officers' training corps shall not be required to participate in physical education activities under subparagraph (1) or to meet the physical activity requirements of subsection 6, paragraph "b", subparagraph (2), but shall receive one-eighth unit of physical education credit for each semester, or the equivalent, of junior reserve officers' training corps the student completes.