

Physical Education Waiver
2016-2017 School Year Semester 1 (Sample)

In 2008, the Iowa Legislature enacted "the Healthy Kids Act," requiring all students in grades 9-12 engage in physical activity for a minimum of 120 minutes per week. The law also requires that we monitor how students fulfill this requirement. Therefore, any student who is exempt from Physical Education (PE) class must participate in 120 minutes of physical activity each week of the semester. Please fill out this form and return to the Counseling Office. Please identify the activities that will complete the requirement of 120 minutes every week.

Name of Student: _____ Grade 2016-2017 _____

School Activities: May need more than one, depending on length of season

Cross Country _____	Football _____	Volleyball _____	Swimming _____
Marching Band _____	Cheerleading _____	Basketball _____	Wrestling _____
Bowling _____	Power lifting _____	Other, please list _____	

Community Activities: May need more than one, depending on length of session

Bowling _____	Club Soccer _____	Dance _____	Gymnastics _____
Hockey _____	Fitness Club _____	Fitness Class _____	Rowing _____
Others, please list _____			

Home Activities: Please check all physical activities that will meet the time needed

Walking _____	Weightlifting _____	Biking _____	Aerobics _____
Jogging _____	Rowing _____	Others, please list _____	

Signature and Date of Student: _____

Signature of Parent/Guardian: _____

Signature of Building Principal: _____

Approved:

Reviewed: January 2017

Revised: January 2017