

CUSD 300 Board Policy 7:260 - Exemption from Physical Activity

Form revised 3/10/2017

In order to be excused from participation in physical education, a student must present an appropriate excuse from his or her parent/guardian or from a person licensed under the Medical Practice Act. The excuse may be based on medical or religious prohibitions. State law prohibits a school board from honoring parental excuses based upon a student's participation in athletic training, activities, or competitions conducted outside the auspices of the School District.

With written parental permission and school administrative approval, students in grades 11 and 12 may be excused from engaging in physical education courses for any of the following reasons:

1. Ongoing participation in an interscholastic athletic program;
2. To enroll in academic classes which are required for admission to an institution of higher learning, provided that failure to take such classes will result in the student being denied admission to the institution of his or her choice; or
3. To enroll in academic classes which are required for graduation from high school, provided that failure to take such classes will result in the student being unable to graduate.

With written parental permission and school administrative approval, students in grades 9 through 12 enrolled in an ongoing marching band program for credit may be excused from engaging in physical education courses.

Special activities in physical education will be provided for a student whose physical or emotional condition, as determined by a person licensed under the Medical Practice Act, prevents his or her participation in the physical education course.

Procedure for exemption from daily PE on the basis of participation in interscholastic athletics (grades 11 and 12 only) or on the basis of participation in marching band (grades 9 through 12)

- The attached form must be filled out; a new form must be completed each year. Student and parent signatures are required. Submit completed form to your counselor by the deadlines listed below.

Deadlines:

- For the fall semester: no later than February 15 of the preceding school year.
- For the spring semester: in October of the current school year.

Limitations:

- A signature from the head coach or band director is required.
- Interscholastic athletics (IHSA sports and IHSA emerging sports only): At the start of the season, participation will be verified by the head coach. If the student voluntarily withdraws from participation, or if the student is cut from the team, the exemption will no longer be valid. If this occurs after the first week of the semester, the student will not be moved to a PE class, but will be required to enroll in the equivalent PE class in summer school or in a subsequent term. Participation in club sports or activities not recognized as IHSA sports or IHSA emerging sports are not eligible for a PE exemption.
- Marching band: At the start of the school year, participation will be verified by the band director. If the student voluntarily withdraws from participation, the exemption will no longer be valid. If this occurs after the first week of the semester, the student will not be moved to a PE class, but will be required to enroll in the equivalent PE class in summer school or in a subsequent term.

If exemptions are granted, the student must replace the PE class in the appropriate semester as follows:

- Juniors and seniors have the following options:
 - One period of late arrival (transportation is the responsibility of the student); or
 - One period of early release (transportation is the responsibility of the student); or
 - One period of an additional elective class; or
 - One Academic Support Period (ASP)—maximum one per semester.
- Freshmen and sophomores have the following options:
 - One period of an additional elective class; or
 - One Academic Support Period (ASP)—maximum two per semester.

Procedure for exemption from daily PE for all other reasons listed in Board Policy 7:260

- Written parental permission, appropriate documentation as determined by school personnel, and school administrative (principal) approval is required.

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Student Name	
Student ID Number	
Counselor Name	
Date Submitted	

Reason for Exemption:

- Participation in Marching Band (fall exemption only)
- Participation in Interscholastic Athletics [Sport(s): _____]

Semester 1 Exemptions:		Semester 2 Exemptions:	
Dance Team	Cheerleading	Dance Team	Cheerleading
Football	Golf	Basketball	Wrestling
Girls' Tennis	Boys' Soccer	Softball	Baseball
Girls' Swimming	Cross Country	Boys' Tennis	Track and Field
Volleyball	Marching Band	Boys' Swimming	Girls' Soccer
		Lacrosse	Girls' Bowling

Statement of Understanding

I understand that, in the case of marching band, participation will be verified at the start of the school year by the band director; in the case of interscholastic athletics, participation will be verified at the start of the season by the head coach. If I voluntarily withdraw from participation, or if I am cut from the team, the exemption will no longer be valid. If this occurs after the first week of the semester, I will not be moved to a PE class, but will be required to enroll in the equivalent PE class in summer school or in a subsequent term.

Student Signature and Date	
Parent Signature And Date	
Coach/ band director signature and date	

Office use only

Date approved: _____

Counselor signature and date: _____

Principal signature and date: _____

- Semester 1 exemption in the _____ school year
- Semester 2 exemption in the _____ school year

Notes