

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

Form revised

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.

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

1. Ongoing participation in an interscholastic athletic program;
2. Ongoing participation in a nationally or regionally competing extracurricular athletic program or sport approved through the PE exemption review process.
3. 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
4. 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.

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### **Procedure for exemption from daily PE on the basis of participation in interscholastic athletics, participation in a nationally or regionally competing extracurricular athletic program, 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: no later than October 31 of the current school year.
- Deadline may be extended for extenuating circumstances upon admin approval.

#### **Limitations:**

- A signature from the head coach/program director or band director is required.
- Interscholastic athletics (IHSA sports and IHSA emerging sports only) and extracurricular nationally or regionally competing Athletic Programs: 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.
- 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.
- Interscholastic athletics and extracurricular nationally or regionally competing athletic programs are only eligible for exemption during the timeframe in which the event takes place (e.g. season) and as such are limited to a semester or full year exemption only.

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.

**CUSD 300 Board Policy 7:260 - Exemption from Physical Activity for Interscholastic Sports**

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
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**CUSD 300 Board Policy 7:260 - Exemption from Physical Activity for Extracurricular Athletics Program**

Student Name	
Student ID Number	
Counselor Name	
Date Submitted	

**Extracurricular Athletic Program:** \_\_\_\_\_

**Review Process**

All requests for exemption from physical activity for extracurricular nationally or regionally competing athletic participation will be reviewed by the PE exemption review committee. Evaluation of the extracurricular athletic program will be evaluated to assure the program meets criteria for being nationally or regionally competing, students are receiving daily physical activity that will improve current physical health and prepare students to live a lifetime of physical wellness.

**Requirements for Exemption:**

- The sport lasts greater than 12 weeks per semester requesting a waiver.
- Extracurricular athletic team practices/competes a minimum of 5 days a week for at least 2 hours.
- Sport does not already qualify for an interscholastic waiver
- Extracurricular athletic program competes nationally or regionally.

**Required Documentation:**

- Attached evidence of enrollment confirming participation in a nationally or regionally competing extracurricular program
- Attached practice and game schedule for review.
- Attached proposed school course schedule for review.

Statement of Understanding

*I understand that participation may be verified throughout the school year. 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	
Contact Information of The Extracurricular Coach or Program Director	Name: _____ Phone Number _____

**Office use only**

Date approved: \_\_\_\_\_  
 Counselor signature and date: \_\_\_\_\_  
 PE Coordinator signature and date: \_\_\_\_\_

- Semester 1 exemption in the \_\_\_\_\_ school year  
 Semester 2 exemption in the \_\_\_\_\_ school year

Approved
Denied
Notes:

**CUSD 300 Board Policy 7:260 - Exemption from Physical Activity for Graduation/College Admissions**

Student Name	
Student ID Number	
Counselor Name	
Date Submitted	

**Missing course preventing graduation or course needed for college admission:** \_\_\_\_\_

**Review Process**

All requests for exemption from physical activity 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 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. Circumstances will be reviewed by the PE exemption review committee.

**Requirements for Exemption:**

- 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
- 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.

**Required Documentation:**

- Attached college admission requirements pertaining to desired program of study.  
or
- Attached counselor documentation of credit deficiency.
- Attached proposed school course schedule for review.

Statement of Understanding

*I understand that participation may be verified throughout the school year. If I voluntarily withdraw from participation 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	

**Office use only**

Date approved: \_\_\_\_\_

Counselor signature and date: \_\_\_\_\_

PE Coordinator signature and date: \_\_\_\_\_

Semester 1 exemption in the \_\_\_\_\_ school year

Semester 2 exemption in the \_\_\_\_\_ school year

Approved
Denied
Notes: