



**Physical Education Two-Year Waiver**

Dear SDUSD Student,

California Education Code requires that all students in grades 9-12 take four years of physical education. You can be granted a waiver from courses in physical education for two years anytime during grades 10-12 if you meet the following criteria, (Education Code Section 51241(b)(1):

1. **You consent to the waiver by signing this document.**
2. **You score in the Healthy Fitness Zone of the FITNESSGRAM® in five of six standards administered in grade 9 pursuant to Education Code Section 60800.**  
 Note: If you do not score in the Healthy Fitness Zone in five of six standards on the FITNESSGRAM®, the state of California requires you to participate in physical education for four years or until you meet the FITNESSGRAM® requirements.

You may choose to participate beyond the two-year requirement in a variety of elective physical education classes that your school provides or participate in a school athletic team.

The right to waive is the *student's* choice. Please make your choice by initialing your selection and signing below.

***Keep in mind, this two-year waiver is contingent upon passing five of six standards administered in the FITNESSGRAM®.***

**Sign and return to counselor**

\_\_\_\_\_ I choose **not to waive** myself from physical education and I **will be enrolled** in physical education for the coming school year. My school counselor has explained these two physical education program choices to me.

\_\_\_\_\_ I choose **to waive** myself from physical education and I **will not be enrolled** in physical education for the upcoming school year. I understand that I must meet the two-year state graduation requirement. My school counselor has explained these two physical education program choices to me.

If I decide to change my selection I will contact my school counselor prior to the end of the school year, so that the appropriate courses are included on my schedule.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Student Name

**A copy will be stored in your cumulative file.**