

Physical Activity Contract / PE Opt Out

(Please print legibly using blue or black ink)

Please fill out the items below, sign (both student and parent/guardian), and return to the guidance office. Your activity sponsor must have a coaching endorsement to qualify. If you have any questions, please see your guidance counselor.

Name of Student: _____ (Please Print)

Grade: 09 10 11 12

I wish to opt out of PE during the following Semester/Season during my activity:

_____ **1st Semester**–August - December _____ **2nd Semester**– January - June

School activity(ies) the student will be involved in during the school year:

FALL (1st Semester)

_____ Cross country

_____ Football

_____ Volleyball

_____ Swimming (girls)

_____ Marching band

_____ Golf (Boys)

_____ Cheerleading(Fall Sports)

WINTER (2nd Semester)

_____ Basketball

_____ Wrestling

_____ Bowling

_____ Swimming (boys)

_____ Cheerleading(Winter Sports)

_____ Show Choir

SPRING(2nd Semester)

_____ Track

_____ Golf (Girls)

_____ Tennis

_____ Soccer

_____ Softball

_____ Baseball

Signature of Student: _____

Date Signed: ___/___/___

Signature of Parent/Guardian: _____

Signature of Counselor: _____

Student's current PE grade is: _____ (If Opting Out after the semester has started)

Physical Education Teacher Signature: _____ Date: ___/___/___

How to opt out of PE

In 2008, the Iowa Legislature enacted “the Healthy Kids Act,” requiring that all students in grades 6 – 12 engage in physical activity for a minimum of 120 minutes per week in which there are at least five days of school. The law also requires that we monitor how students fulfill this requirement.

1. Students obtain a Physical Activity Contract / PE Opt Out application from guidance office, fill it out completely, obtain parent/guardian signature, and return it to the guidance office where it will be processed.
2. Students continue to attend PE class until their counselor has informed them that they are officially “Opted Out.” Students will be counted absent from any classes missed until they have been notified by their counselor. Students who Opt Out at the beginning of a semester will receive an “excused” grade for a semester grade. If a student does not complete their sport season they must immediately return to PE class, or receive an “F” grade for PE.
3. Students “Opting Out” once the semester has started must take it to their PE teacher for grade confirmation and teacher signature. **Students receive the grade they have at the time they Opt Out as the final semester grade.**