

PHYSICAL EDUCATION

Students in grades one through twelve are required to participate in physical education courses. Students who are physically able will be assessed using the presidential physical fitness test. Otherwise, students may be excused from physical education courses by the principal of their attendance center.

Students may be excused from physical education courses if the student presents a written statement from a doctor stating that such activities could be injurious to the health of the student or the student has been exempted because of a conflict with the student's religious beliefs.

Students in grades 9-12 may also be excused from physical education courses if:

- the student is enrolled in academic courses not otherwise available, or
- the student has obtained a physical education waiver for a [semester or trimester] because the student is actively involved in an athletic program.
- the student is participating in the Legislative Page Program at the state capitol for a regular session of the general assembly; or
- the student is enrolled in a junior reserve officer training corps.

Twelfth grade students may also be excused from physical education courses if the student is enrolled in a cooperative, work study or other educational program authorized by the school which requires the student's absence from school.

Students who will not participate in physical education must have a written request or statement from their parents.

NOTE: This is a mandatory policy and reflects the educational standards.

Legal Reference: Iowa Code §§ 256.11
281 I.A.C. 12.5

Approved: August 2, 1990 Reviewed: October 20, 2025 Revised: September 21, 2026

Riceville Physical Activity Contract

Student's Name: _____

Grade: _____

Circle the circumstance under which you are applying for the PE waiver

- (1) (12th Grade Only) You are enrolled in a cooperative, work-study or other educational program authorized by the school which requires your absence from the school premises during the school day: Name of Program: _____
- (2) You are enrolled academic courses not otherwise available; ~~or~~
Name of Course(s): _____
- (3) You are involved in athletics either both fall/winter (for 1st semester) or with winter/spring(for 2nd semester) waiver
- (4) Your parent(s)/guardian(s) have made a written request or statement that excuses you from participating in physical education (a copy must be attached to this form).

School Activities that student will be involved in during the school year:

- For 1st semester please check one from column A and one from column B
- For 2nd semester please check one from column B and column C

A	B	C
Football _____	Basketball _____	Track _____
Volleyball _____	Wrestling _____	Golf _____
Cross Country _____	Cheerleading _____	

Signature of Student _____

Date: _____

Signature of Parent or Guardian: _____

Signature of Building Principal: _____