

CROSS MIDDLE SCHOOL NON-MEDICAL PE WAIVER FORM

PE is an important aspect of our students' comprehensive educational program as it promotes lifelong healthy living and has also been shown to improve students' academic performance and cognitive ability. Current recommendations are for children to participate in 60 minutes of physical activity each day with at least 30 minutes spent during their school day; therefore, PE waivers are only granted for extenuating academic reasons.

Please indicate the reason you are requesting the PE Waiver:

Please list the elective classes your student wishes to take:

Elective 1: _____

Elective 2: _____

Please list the elective that you would like to have instead of PE:

Elective 3: _____

Please indicate the physical activities your student participates in outside of school hours:

I request my child be assigned an extra elective class rather than participating in PE. I understand that my student may not be granted this waiver.

Student Name

Current Grade

Parent Name

Parent Signature

Date