



## 2022-2023 Middle School Physical Education Waiver Form

Florida law requires each school district to develop a physical education program that stresses physical fitness and encourages healthful, active lifestyles and to encourage all students in prekindergarten through grade 12 to participate in physical education. The law further requires a minimum of one semester of physical education annually for students in grades 6 through 8, F.S.1003.455.

Middle school students in Hillsborough County Public Schools are scheduled for a full-year physical education course annually, except when a semester of physical education is paired with a semester of intensive math. All students are encouraged to take advantage of this opportunity within their school day to experience movement and build upon knowledge, skills, and values that support a healthy and active lifestyle.

However, the law allows for a waiver when a student is enrolled in a remedial, intensive course or when a parent makes a written request for one of the following reasons:

1. The student participates in physical activities outside the school day that are equal to, or in excess of, the physical education requirement. Physical activities outside of the school day that meet the requirement are those that the parent indicates in writing are equivalent to 250 minutes per week for a minimum of eighteen (18) weeks during the designated semester.
2. The parent requests that the student enroll in another available course.

The waiver option is intended as an opportunity for students to enroll in an elective course or other course via Hillsborough Virtual School (HVK12) or face-to-face (as available) in place of the physical education course. **It is NOT intended as an option for early dismissal.** Students will be scheduled for their alternate course during any class period. Students will take HVK12 courses in a computer lab or other designated area and be supervised by Coleman staff. Alternate face-to-face elective courses on campus are subject to seat availability.

To request a waiver for the physical education requirement, please complete the following information and return this form to CMS in person or sign and email Dr. Seits, APC, at [Theresa.seits@hcps.net](mailto:Theresa.seits@hcps.net)

Student Name: \_\_\_\_\_ Student Number: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Check the primary reason for waiver request (SELECT ONE):

- \_\_\_ 1. My child participates in physical activities outside the school day that are equal to, or in excess of, the physical education requirement.

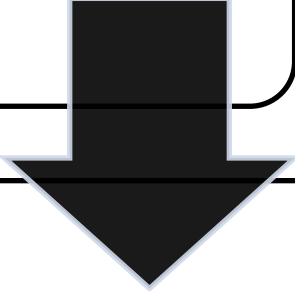
Hours per Week (Minimum of 250 minutes/week M-F) \_\_\_\_\_

- \_\_\_ 2. I prefer my child take an alternate course. (A virtual HVK12 course or additional face-to-face elective courses on campus which are subject to seat availability)

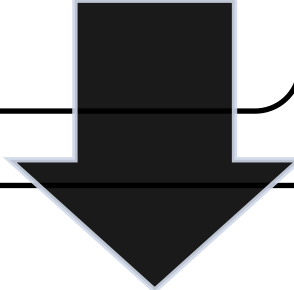
Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

My signature confirms the above information, including that the PE waiver is not an early dismissal option.

Step 1: Complete and sign the  
2022-2023 Middle School  
Physical Education Waiver  
Form



Step 2: Return form to Coleman.  
Parents may drop off in person M-Th  
8:00-3:00 or **scan** a signed copy and  
email directly to  
theresa.seits@hcps.net **Deadline is**  
**July 29, 2022.**



Step 3: Use the link below for step by step directions to enroll your child in a Hillsborough Virtual course. Please review courses carefully and select an elective course from the **Middle School** offerings. Please note that courses will be approved in late July/early August when counselors return. Your child will start the virtual course on campus at CMS when school starts. He/She will be assigned to the lab during the class period in which they would have had PE. *(Note: If you are requesting an alternate course on campus and not a virtual course, please contact Dr. Seits, APC, as these classes are limited and subject to seat availability.)*

For step by step directions on enrolling in an HVK12 class, please visit [HVK12 VSA Account Directions 1 26 22.pdf \(hillsboroughschools.org\)](#) and refer to PAGE 8.

For questions regarding PE Waivers, please contact Dr. Theresa Seits, Assistant Principal for Curriculum, at [theresa.seits@hcps.net](mailto:theresa.seits@hcps.net). Thank you.