



Notification and Instructions for Physical Education High School Waiver

Florida statute requires students to take one (1) credit of physical education in high school, which must include the integration of health. This course requirement can be satisfied when students successfully complete Health Opportunities through Physical Education (HOPE), a one-year course.

The only alternative options approved by the State of Florida to waive the one-credit are the following:

- Students who participate in an interscholastic sport at the junior varsity or varsity level for two full seasons have the option to waive the full one-credit requirement for HOPE. This also includes competitive cheerleading in high schools that compete in events sanctioned through the Florida High School Athletic Association (FHSAA). A full season is defined as attendance and participation in both the practices and competitive events from the first day allowable by the FHSAA to the elimination of the team from the FHSAA tournament competition.
- Completion of two full years in a Reserve Officer Training Corps (R.O.T.C.) class, a significant component of which is drills, may satisfy the full one-credit requirement in physical education and one full credit requirement for performing arts.
- Completion of 2 years of marching band shall satisfy the one-credit requirement in physical education or the one credit requirement in performing arts.

Statement of Understanding

It is important to note that students who choose to waive the HOPE course with participation in athletics, ROTC, or marching band will not receive comprehensive Health or Physical Education. By executing this waiver, you are acknowledging that your child will have little to no exposure to the statutory requirements of comprehensive Health Education.

As a Parent/legal guardian, I understand the above and give permission for the school to (initial below):

_____ Waive the PE requirement because my child participated in two seasons of junior varsity or varsity sports.

_____ Waive the PE requirement because my child completed two years of R.O.T.C.

_____ Waive the PE requirement because my child participated in two years of marching band.

We have read and understood the above information.

Parent/Legal Guardian Signature

Date

Parent/Legal Guardian Printed Name

Date

Student Signature

Date



Physical Education High School Waiver Request

Student Name: _____ Student Number: _____

School: _____ Date: _____

Counselor (Name and signature) _____

Section I - Junior Varsity or Varsity Sports *

The above student participated in an interscholastic sport at the junior varsity or varsity level for two full seasons, or the above student participated in two seasons of FHSAA sanctioned competitive cheerleading.

Season 1 _____ Season 2 _____

Athletic Director (Printed Name) _____

Signature: _____ Date: _____

Section II - R.O.T. C. Courses Completed:

The above student's transcript indicates successful completion of two full years of R.O.T.C.

School Counselor's initials: _____ Date: _____/_____/_____

Section III – Marching Band Courses Completed:

The above student participated in marching band for two years.

Year 1 _____ Year 2 _____

Band Director (Printed Name) _____

Signature: _____ Date: _____

Course Codes: After both sides of this form have been signed by all parties, the school counselor should ensure it is placed in the student's file and the school registrar enters the appropriate course code information in eSchool.

1500410- INTERSCH SSN 1 – COM	1500420 - INTERSCH SSN 2 – COM	
1500450 - JROTC YR1 WAIVER	1500460 - JROTC YR2 WAIVER	1500480 – JROTC Performing Arts WAIVER
1500441 –Marching Band Year 1	1500442 –Marching Band Year 2	1302355 - Marching Band (one semester) .5 PE credit
		1500445 – Dance (one semester) .5 PE or Perf Arts credit

* Transfer students must provide written documentation (faxed or emailed is acceptable) from their prior school that states the student participated in a Junior Varsity and/or Varsity sport as defined on page one.