

Poudre High School  
**Physical Education Waiver**

**Guidelines for Acceptable Physical Education Substitutions:**

1. Contact Mr. Yonker for pre-approval and a signature before beginning waiver process.
2. Complete the 'Instructor Verification' with the appropriate person.
3. The substituted activity must involve physical activity or exercise on the part of the individual. This means a commonly defined sport and does not include attempts to make some physical activity fit within that idea.
4. A detailed log with documented hours must be completed.
5. Only 2.5 credits may be earned through an activity/sport; only 7.5 credits may be earned through the waiver process.
6. Each activity may only be used once. For example, if you play for a team outside of Poudre High School and also play that sport for Poudre High School, that sport may only be counted once.
7. Upon completion of the activity, a 500-1000 word reflection is required that explains what you did and what you learned.
8. In addition, write a summary-reaction about three articles pertaining to your activity/sport that connects to your experience.
9. FOR POUDBRE HIGH SCHOOL SANCTIONED SPORTS, ONLY SIGNATURES ARE REQUIRED.

**Student Information**

Student's Name: \_\_\_\_\_ I.D. # \_\_\_\_\_

Counselor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructor Verification**

*The above named student has successfully and fully completed the season/activity under my supervision.*

Coach/Instructor Name: \_\_\_\_\_ Phone # \_\_\_\_\_  
Print Name

Coach/Instructor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Sport/Activity: \_\_\_\_\_

**Administrative Approval**

Pre-Approved Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Initials \_\_\_\_\_

Denied: \_\_\_\_\_ Reason(s) for Denial: \_\_\_\_\_ Date: \_\_\_\_\_

Administrator Signature: \_\_\_\_\_ Approved Date: \_\_\_\_\_

