

Students

Exemption From Physical Education

A child may be exempted from some or all physical activities for up to three (3) consecutive days per incident when the appropriate written excuse is submitted to the school by parent(s)/guardian(s). The excuse may be based on medical or religious prohibitions. An excuse for an absence in excess of three (3) days based on medical reasons must include a signed statement from a person licensed under the Medical Practice Act that corroborates the medical reason for the request. An excuse for an absence in excess of three (3) days based on religious reasons must include a signed statement from a member of the clergy that corroborates the religious reason for the request. State law prohibits a school board from honoring parental excuses based upon a student's participation in athletic training, activities, or competitions conducted outside the auspices of the School District. Upon written notice from a student's parent/guardian, a student will be excused from engaging in the physical activity components of physical education during a period of religious fasting.

Alternative activities and/or units of instruction will be provided for pupils whose physical or emotional condition, as determined by a person licensed under the Medical Practice Act, prevents their participation in the physical educational courses.

A student who is eligible for special education may be excused from physical education courses in either of the following situations:

1. He or she (a) is in grades 3-12, (b) his or her IEP requires that special education support and services be provided during physical education time, and (c) the parent/guardian agrees or the IEP team makes the determination; or
2. He or she (a) has an IEP, (b) is participating in an adaptive athletic program outside of the school setting, and (c) the parent/guardian documents the student's participation as required by the Superintendent or designee.

A student requiring adapted physical education must receive that service in accordance with his or her IEP.

A student in grades 9-12, unless otherwise stated, may submit a written request to the Building Principal to be excused from physical education courses for the reasons stated in 6:310, *High School Credit for Non-District Experiences; Course Substitutions; Re-Entering Students*.

The Superintendent or designee shall maintain records showing that the criteria set forth in this policy were applied to the student's individual circumstances, as appropriate.

LEGAL REF: 105 ILCS 5/27-6.
225 ILCS 60/, Medical Practice Act .
23 Ill. Admin. Code §1.420(p) and §1.425(d), (e).

CROSS REF: 6:60 (Curriculum Content); 6:310 (Credit for Alternative Courses and Programs, and Course Substitution).

Revised: February 9, 2015
Adopted: February 23, 2015
Revised: February 13, 2017
Adopted: February 27, 2017
Reviewed: February 28, 2022
Approved: March 21, 2022