

Sterling High School Physical Education Exemption Procedures

Academic Exemption Procedures

The counselors are responsible for overseeing the following academic exemption procedures:

1. Academic exemptions are available for the 11th and 12th grade students who have a schedule of seven credits and need an exemption from the physical education course because of one of the following two reasons:
 - A. All seven credits in the schedule are specific courses required for admission to an institution of higher learning, and failure to take classes will result in the pupil being denied admission to the institution of his or her choice.
 - B. All seven credits in the schedule are required for graduation from high school, and failure to take such classes will result in the pupil being unable to graduate.
2. Students and guardians requesting an academic exemption must complete the "Physical Education Exemption Request Form."
3. If a student with an academic exemption drops one or more of the seven credits the academic exemption will be void and the student will return to a physical education class immediately unless the exemption form includes an approved athletic exemption (i.e., a sport in which the student will participate falls in the semester.) The physical education lead teacher will assign the students to an activity or study hall.

Athletic Exemption Procedures

The physical education lead teacher is responsible for overseeing the following athletic exemption procedure:

1. Athletic exemptions are available for 11th and 12th grade students who have a schedule of five, six, or seven credits.
 - A. The schedule may include five, six, or seven non-physical education classes during the semester(s) of the sport(s), or:
 - B. The schedule may include physical education credit, in which case the student may choose to have a study hall:
 1. For the entire semester(s) during which the sport(s) falls, or:
 2. For that portion of the semester(s) during which they actually participate in the sport(s.) See note at end of form regarding physical education grades.

*Note: Students who have fewer than five credits are not eligible for an athletic exemption.

2. Students and guardians requesting an athletic exemption must complete the "Physical Education Exemption Request Form."
3. A student with five, six, or seven non-physical education classes shall be enrolled in physical education class immediately if:
 - A. The student drops below five credits. The physical education lead teacher will:
 1. Assign the student to an activity if the student is not in a sport that semester.
 2. Assign the student to their choice of an activity or study hall if the student will be participating in a sport that semester.
* See note at end of form regarding physical education grades.
 - B. The student quits the sport, does not make the team, or does not go out for the team, although the student will be given an option of staying in seven non-physical education classes and making up a semester of physical education if time permits.
4. A student taking a study hall during a sport shall:
 - A. Return to physical education class immediately if the student quits the sport, does not make the team, or does not go out for the team. It is the student's responsibility to return to physical education when the exemption has become void.
 - B. Meet immediately with the physical education lead teacher if the student has an extended injury or illness or concludes their sport season. The purpose of the meeting will be to determine a date for the student's return to physical education. It is the student's responsibility to meet with the physical education lead teacher.

5. A student currently participating in physical education may begin the athletic exemption immediately upon the official IHSA starting date or when the varsity squads are announced, whichever is later provided athletic paperwork has been completed. Those students who do not have completed paperwork will remain in physical education until the beginning of the next unit.

Note: In order to receive a letter grade for physical education the student must complete 2 of the 4 units of instruction that semester. Those students not completing 2 of the 4 units will receive a pass (P) for the semester, which is not calculated into the grade-point average.