

# Application for the North Central High School Freshmen Physical Education Waiver

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

\*Please indicate which sports you can plan on participating and completing\*

BASEBALL

BASEKTBALL

CHEERLEADING

CROSS COUNTRY

FOOTBALL

GOLF

SOFTBALL

TENNIS

TRACK

VOLLEYBALL

## CREDIT 1

SEASON: FALL/ WINTER/ SPRING

Year: \_\_\_\_\_

SPORT: \_\_\_\_\_

- Student demonstrates competency in motor skills and movement concepts, principles, strategies, and tactics as they apply to the learning and performance
- Student achieves and maintains a health-enhancing level of physical fitness
- Student exhibits responsible personal and social behavior that respects self and others in physical activity settings
- Student participates regularly in physical activity, demonstrated by participation in over 90% of group activities (injury free), or 70% due to major injury (physician signature required as part of the injury documentation)
- Student must remain academically eligible throughout the entire season

\*The student must complete at least four requirements listed above to receive an "A" for this PE credit\*

\_\_\_\_\_  
Signature of Coach/ Athletic Director

\_\_\_\_\_  
Date

## CREDIT 2

SEASON: FALL/ WINTER/ SPRING

Year: \_\_\_\_\_

SPORT: \_\_\_\_\_

- Student demonstrates competency in motor skills and movement concepts, principles, strategies, and tactics as they apply to the learning and performance
- Student achieves and maintains a health-enhancing level of physical fitness
- Student exhibits responsible personal and social behavior that respects self and others in physical activity settings
- Student participates regularly in physical activity, demonstrated by participation in over 90% of group activities (injury free), or 70% due to major injury (physician signature required as part of the injury documentation)
- Student must remain academically eligible throughout the entire season

\*The student must complete at least four requirements listed above to receive an "A" for this PE credit\*

\_\_\_\_\_  
Signature of Coach/ Athletic Director

\_\_\_\_\_  
Date