

LAKE PARK HIGH SCHOOL DISTRICT 108

Physical Education Exemption Guidelines**.Background**

As provided in *Illinois School Code*, the Lake Park Board of Education has approved exemptions from Physical Education for grade 11 and 12 athletes effective with the 2023-2024 school year. Exemptions are limited to the length of the athletic season as determined by IHSA and are **not** granted on a semester basis. Grade 9 and 10 athletes are **not** eligible for exemptions from Physical Education.

Lake Park Board of Education Policy, in accordance with *Illinois School Code*, also provides students with the opportunity to apply for an exemption from Physical Education for the following purposes:

1. The student plans to attend a postsecondary institution which requires or recommends a course that the student cannot fit into his or her class schedule within the semesters remaining until his or her graduation. Seven classes per semester is the normal class load when applying this exemption. (*BOE Policy 6.310*)
0. The student lacks sufficient course credit of one or more courses required by state statute or local board policies for graduation. Students who have failed required courses, transferred into the district with deficient credits, or lack credits due to other causes will be eligible to apply for this exemption. (*BOE Policy 6.310*)
0. A student may be exempted from some or all physical activities when the appropriate excuse is submitted to the school by parent(s)/guardian(s) and/or certified by a person licensed under the Medical Practice Act. The excuse may be based on medical or religious prohibitions. Alternative activities and/or units of instruction will be provided for students whose physical or emotional condition, as determined by a person licensed under the Medical Practice Act, prevents their participation in a physical education course. (*BOE Policy 7.260*)

Marching Band students are **not** eligible for Physical Education exemptions. To be eligible for exemptions, Marching Band must be a credited course per *Illinois School Code*. Participation in the Lake Park Marching Band is an extracurricular activity; students do not receive credit since it is an after school activity.

State law prohibits a Board from honoring parental excuses for a student's participation in athletic training, activities, or competitions conducted outside the auspices of the school district. Therefore, Physical Education exemptions are **not** provided for out-of-school athletics.

Students who meet the Physical Education exemption eligibility criteria may be enrolled in Physical Education during the regular school day **or** Early Bird Physical Education.

II. Athlete/Sport Eligibility Criteria

Athletes must meet the following criteria to qualify for a Physical Education exemption:

1. **The athlete must be a grade 11 or 12 student.**
2. The athlete must attend practices and games consistently throughout the athletic season.
3. The athlete must be on the roster to compete in interscholastic competition.
4. The athlete must be earning a passing grade in Physical Education.

Sports must meet the following criteria to allow grade 11 and 12 students to apply for a Physical Education exemption:

1. The sport is an IHSA sanctioned sport.
2. The sport involves a schedule of interscholastic competition.
3. The sport must be a Lake Park sponsored team through Lake Park Athletics.
4. The sport bylaws inform local eligibility decisions for the PE exemption program. For example, at Lake Park athletes from the Cheerleading and Lancettes teams may apply for the PE exemption during their non-competitive seasons, since participation in a non-competitive season is required.

III. Physical Education Exemption Application and Approval Process

1. The decision to exempt grade 11 and 12 athletes from Physical Education is **not** automatic and shall be made on an individual basis.
2. Grade 11 and 12 athletes must complete the Physical Education Exemption Application; the application must be signed by the student and the student's parent/guardian. *Applications must be submitted no later than five instructional days after the start of the IHSA season for the respective sport.*
3. All requests will be verified by the Principal or designated administrator.
4. Following a review of the exemption application, the Principal or designated administrator will approve or disapprove the request and notify the student in writing. The Principal will allow exemption requests unless the requester's rationale clearly fails statutory or district-policy requirements. Any rejection by the Principal shall be supported by written rationale.
5. Grade 11 and 12 athletes must sign the final release from Physical Education.
6. Athletic coaches will be provided with the names of grade 11 and 12 athletes who were approved for a Physical Education exemption.

IV. Athlete Responsibilities

1. Grade 11 and 12 athletes are required to return to Physical Education class the school day after the last athletic season contest or the school day after they are no longer a member of the team unless they will not meet the sixty (60) day threshold to receive a grade or credit. In those instances the athlete will remain in study hall for the remainder of the semester.
2. Failure to return to Physical Education on the designated date may jeopardize future exemptions, the grade students receive in class, and credit.
3. Continuous academic ineligibility may jeopardize Physical Education exemption.

V. Athletic Coaches' Responsibilities

1. Athletic coaches will provide the Athletic Department with team rosters that will be used by the Principal or administrative designee to exempt junior and senior athletes from Physical Education for the duration of athletic season as determined by IHSA.
2. If the athletic season extends past regular season competition, it is the responsibility of the Head Coach to communicate with the Physical Education Curriculum Leader and Assistant Principal for Instruction any and all information regarding athletes/team continuing with competition and the return date to Physical Education.
3. Athletic coaches will provide the Physical Education Curriculum Leader and Assistant Principal with the names of junior and senior athletes who quit the team throughout the season.

VI. Physical Education Grade/Credit Determination

1. Physical Education grades are included in a student's GPA.
2. In order to earn a grade in Physical Education, grade 11 and 12 athletes must attend class for at least 60 school days.
3. Grade 11 and 12 exempted athletes who attend Physical Education for at least 60 school days will receive a semester grade; including but not limited to physical fitness data, grades, participation in class, and summative assessments (capstone project, semester exam, etc.).
4. If athletes attend Physical Education class for fewer than 60 school days, the student will earn a "P" (pass) for the course. Passing grades are not calculated into student GPAs. Furthermore, the athlete must participate in class in order to pass the course and fulfill the Physical Education graduation requirement. Athletes who attend for fewer than 60 school days will not be required to return to their Physical Education class and will remain in study hall for the remainder of the semester.
5. Grade 11 and 12 athletes exempted from Physical Education for a full semester due to athletic participation will fulfill their Physical Education requirement but will not receive a grade or credit towards graduation requirements.

VII. Exemptions for Athletes – Additional Course Options/Academic Course Registration

The implementation of Physical Education exemptions for grade 11 and 12 athletes provides the opportunity to take an additional course. A grade 11 and 12 athlete will be encouraged during the course registration process to consider his/her academic needs during upcoming season(s) of competition.

1. Grade 11 and 12 athletes who opt for a Physical Education exemption during a competitive season will have a study hall during the assigned period of Physical Education. The students must be in regular attendance at this study hall in order to maintain the Physical Education exemption.
2. If grade 11 and 12 athletes take advantage of the Physical Education exemption and have an assigned study hall during the Physical Education class period, all other required periods of the school day must be filled with academic courses. There cannot be an additional study hall period in the student's schedule.
3. An athlete who does not qualify for the exemption at the onset of the winter season (during the first semester), because the athlete has a study hall, may qualify for the exemption during the second semester when the athlete does not have a study hall. The athlete must attend PE during the first week of the second semester to complete fitness testing.
4. Grade 11 and 12 athletes may elect an additional credited class (semester or year-long) in place of Physical Education during the semester(s) in which they are participating in athletics.
5. Grade 11 and 12 athletes may not use their study hall period for late start or early release.
6. All criteria outlined for Physical Education exemptions must be met.

VIII. PE Exemption Due Dates (2023-2024)

Below are the Physical Exemption due dates (by sports season) for the 2023-2024 school year. Grade 11 and 12 students should go to the Athletic Director's office at West Campus to pick up a PE Exemption form.

2023-2024 LPHS PE EXEMPTION DATES BY SEASON

Fall Athletics		Season Start Date	PE Exemption Due Date
Boys	Cross Country	Monday, August 7, 2023	Tuesday, August 22, 2023
Boys	Football	Monday, August 7, 2023	Tuesday, August 22, 2023
Boys	Golf	Monday, August 7, 2023	Tuesday, August 22, 2023
Boys	Soccer	Monday, August 7, 2023	Tuesday, August 22, 2023
Co-Ed	Cheer	Monday, August 7, 2023	Tuesday, August 22, 2023
Girls	Cross Country	Monday, August 7, 2023	Tuesday, August 22, 2023
Girls	Golf	Monday, August 7, 2023	Tuesday, August 22, 2023
Girls	Lancettes	Monday, August 7, 2023	Tuesday, August 22, 2023
Girls	Swim	Monday, August 7, 2023	Tuesday, August 22, 2023
Girls	Tennis	Monday, August 7, 2023	Tuesday, August 22, 2023
Girls	Volleyball	Monday, August 7, 2023	Tuesday, August 22, 2023
Winter Athletics		Season Start Date	PE Exemption Due Date
Boys	Basketball	Monday, November 6, 2023	Friday, November 10, 2023
Boys	Boys Bowling	Monday, October 23, 2023	Monday, October 30, 2023
Boys	Swim	Monday, November 20, 2023	Wednesday, November 29, 2023
Boys	Wrestling	Monday, November 6, 2023	Friday, November 10, 2023
Girls	Basketball	Monday, October 31, 2023	Friday, November 3, 2023
Girls	Bowling	Monday, November 14, 2023	Friday, November 17, 2023
Girls	Gymnastics	Monday, November 7, 2023	Friday, November 10, 2023
Girls	Wrestling	Monday, November 7, 2023	Friday, November 10, 2023
Spring Athletics		Season Start Date	PE Exemption Due Date
Boys	Baseball	Monday, February 26, 2024	Tuesday, March 5, 2024
Boys	Gymnastics	Monday, February 12, 2024	Friday, February 16, 2024
Boys	Tennis	Monday, February 26, 2024	Tuesday, March 5, 2024
Boys	Lacrosse		
Boys	Track & Field	Monday, January 15, 2024	Monday, January 22, 2024
Boys	Volleyball	Monday, March 4, 2024	Monday, March 11, 2024
Girls	Badminton	Monday, February 26, 2024	Tuesday, March 5, 2024
Girls	Soccer	Monday, February 26, 2024	Tuesday, March 5, 2024
Girls	Softball	Monday, February 26, 2024	Tuesday, March 5, 2024
Girls	Track & Field	Monday, January 12, 2024	Monday, January 22, 2024