

Educational Program

Series 600

Policy Title: Physical Education

Code No. 603.6

Students in grades one through twelve shall be required to participate in physical education courses unless they are excused by the principal of their attendance center.

Students may be excused from physical education courses if the student presents a written statement from a health care professional stating that such activities could be injurious to the health of the student or the student has been exempted because of a conflict with the student's religious beliefs.

Students may also be excused from physical education courses if:

- the student (9-12) is enrolled in academic courses not otherwise available, or
- the student (9-12) has obtained a physical education waiver because the student is actively involved in an athletic program at the beginning of the respective trimester. Cheerleading is exempt from this waiver; or
- the student is participating in the Legislative Page Program at the state capitol for a regular session of the general assembly; or
- the student is enrolled in a junior reserve officer training corps.

Twelfth grade students may also be excused from physical education courses if the student is enrolled in a cooperative, work study or other educational program authorized by the school which requires the student's absence from school.

Iowa law now requires elementary students, K-5, to have 30 minutes of physical activity, not physical education, per day. This requirement can be met through a combination of PE, recess, classroom and other activities. Middle and high school students must have at least 120 minutes of physical education per week. Again this is not just physical education but can be met with a combination of PE, school and non-school sponsored athletics and other activities where the body is exerted. Should a student wish to meet the requirement outside of school, the student and school district must have an agreement detailing the outside activity.

Date of Adoption:
January 8, 2014

Legal References (Code of Iowa): § 256.11
(1995). 281 I.A.C. 12.5.

Date Amended:

Related Administrative Rules and Regulations:

Date Reviewed:
January 10, 2024