**Physical Education Waiver**

Approved Alternative Activities

**GOAL**

\*The following list of activities are sports and/or physical activities that our Coordinated School Health Supervisor has approved for replacement of the Lifetime Sports (0.5 credit for GOAL). This list is not comprehensive and activities that do not appear on this list can be submitted for approval to Andrew Martin (Andrew.martin@gmsdk12.org) to determine if they fit the mold of adequate physical activity replacement for the PE credit (Lifetime Sports).

1. Aquatics/Swimming
2. Ballet
3. Basketball (recreational/team based)
4. Baseball (recreational/team based)
5. Bowling (recreational/team based)
6. Cheerleading (team based)
7. Cross Country (recreational/team based)
8. CrossFit
9. Dance (recreational)

10.) Fencing

11.) Golf (recreational/ league based)

12.) Gymnastics

13) Martial Arts/ Karate

14.) Pilates

15.) Softball (recreational/team based)

16.) Volleyball (recreational/team based)

17.) Whole Group Fitness (Cycle Bar or Orange Theory)

18.) Yoga

19.) Lacrosse (recreational/team based)

20.) Football (recreational/team based)

21.) Horseback Riding

22.) Rugby (recreational/team based)

23.) Performers (minimum of 2 play/musical)-HHS based

* All the above sports and activities require that an instructor signs off on your time sheets to aid in meeting the 80 hours needed to fulfill the Lifetime Sports credit. All activities must be structured, as free play does not count towards the successful completion of physical activity hours.

