



PHYSICAL EDUCATION/RECESS ACTIVITY EXCUSE FORM

Student Name _____ DOB _____ Grade _____

Parent Name _____ Phone _____

Address _____ Date _____

TO BE COMPLETED BY PHYSICIAN:

Description of Injury or Illness: _____

State education law requires that all students be enrolled in a course of physical education. The physical education program is planned so that every student in school should be able to benefit from some phase of this program. Since we wish to do what is best for each student, we will attempt to modify our activities to meet the specific restrictions of the student.

Restrictions:

_____ No restrictions (discharge) as of this date: _____

_____ No participation until: _____
(date)

_____ Modified participation (please specify below) until: _____
(date)

Please indicate which activities the student can participate in:

- () Walking
- () Upper body strength training (weight limit: _____)
- () Swimming (high school)
- () Jogging
- () Lower body strength training (weight limit: _____)
- () Stationary biking
- () Running
- () Upper body activities

Specific recommendations and comments: _____

Attention Care Provider: Please be aware that few injuries require complete exclusion from all activity. Most students can participate with modifications.

Care Provider Name/Clinic: _____ Phone: _____

Care Provider Signature: _____ Date: _____