

Community Unit School District 200

Administration and School Service Center

130 W. Park Avenue

Wheaton, Illinois 60187

(630) 682-2000

Date _____

To the Parents of _____:

Illinois state law requires all students to participate in the District's regularly scheduled physical education classes. Exceptions are made only in the case of a physician's recommendation.

The physical education program in District 200 is planned for the benefit of all students. For those who cannot participate in regular physical education activities, the program will be modified to meet individual needs according to the student's limitation as determined by a physician.

If your child cannot participate in the full physical education program, your physician should complete the form on the reverse side of this sheet. The form is to be returned to the school nurse or to the physical education instructor as soon as possible.

Thank you for your cooperation. The physical education program of District 200 is attempting to meet the needs of all students.

Sincerely,

District 200
Physical Education Teachers
School Nurses

To be completed by physician when needed.

MODIFIED PHYSICAL EDUCATION FORM

To the physician of _____ Grade _____

The physical education program in District 200 is planned for the benefit of all students. For those who cannot participate in regular physical education activities, the program will be modified to meet individual needs according to the student's limitations. Your input is essential to develop a modified program for your patient.

Diagnosis _____

Dates of modified program _____ to _____

Guidelines/limitations _____

Please **circle** the activities in which the student **may** engage:

A. Strenuous

Aerobic activities
Basketball
Field hockey
Football (touch/flag)
Gymnastics
 Balance beam
 Chinning bar
 Horizontal bar
 Parallel bars
 Rope climbing
 Vaulting
Running
Soccer/speedball
Track and field
Tumbling
Weight training
Wrestling

B. Active

Badminton
Bowling
Calisthenics
Dance/rhythmic activities
Handball
Jogging
Rope skipping
Softball
Tennis
Volleyball
Weight machine

C. Mild

Archery
Basketball shooting
Bowling
Catching, batting, throwing
Golf
Mild exercises
Mild jogging
Shuffle board
Walking
Weight machine

Physician's signature

Date