



Dear Doctor:

Below is a list of activities which are part of the Hadley Junior High Physical Education Program. It is our desire to have ill or injured students participate at the level which they are able. Please check ONLY the activities in which your patient **MAY NOT participate**. This will allow for specifically modified participation in their Physical Education class. In addition, indicate a date when the student will again be able to participate fully.

FITNESS:

- Endurance run
- Flexibility
- Core Exercises
- Vertical jump
- Push/Pull ups
- Upper Body resistance machine
- Lower Body resistance machine
- Walking
- Jogging
- Stationary bike
- Rowing machine
- Elliptical machine

GYMNASTICS/TUMBLING:

- Balance Beam
- Horizontal Bar
- Pommel Horse
- Parallel Bars
- Vaulting
- Rolls
- Inverted Stunts
- Balances
- Falls (from kneeling or standing)

SPORT SKILLS:

- Kicking
- Punting
- Dribbling with feet
- Dribbling with hands
- Pivoting
- Throwing
- Passing
- Pitching (underhand)
- Catching
- Basketball shooting
- Dodging
- Guarding
- Batting
- Hitting/Striking with a racquet
- Fielding
- Volleyball Serving
- Volleyball forearm pass
- Volleyball overhead set
- Sprinting
- Hurdles
- Jumps (Long, High)
- Shot put/Discus
- Rollerblading

STUDENT: _____ GRADE: _____

DOCTORS SIGNATURE: _____ DATE: _____

DOCTORS ADDRESS: _____

DOCTORS PHONE: _____

DIAGNOSIS: _____

DATE STUDENT MAY RETURN TO ACTIVITY: _____