

LONGWOOD CENTRAL SCHOOL DISTRICT

Elementary
Page 1 of 2

TO: _____

DATE: _____

RE: _____

GRADE: _____

STUDENT

DIAGNOSIS: _____

The above named student is involved in a 40 minute Physical Education program twice a week.

This child may participate in ALL Physical Education Activities YES _____ NO _____

If NO, please review the following list of activities and CHECK ALL THOSE THAT THE STUDENT MAY PARTICIPATE IN:

Activity list for Kindergarten and First grades:

- Running relays
- Running and cardio
- Scooter activities
- Hopping, skipping, galloping, jumping
- Playground activities: ___climbing ___swings
- ___slides ___walking
- Targets
- Jogging
- Batting
- Rope climbing
- Bowling
- Ball handling
- Manipulatives (hula hoops, jump ropes)
- Circus Arts (juggling, balancing)
- Dancing and Musical Games
- Throwing and catching
- Yoga
- Tumbling
- Physical Fitness (sit and reach, pull-ups, sit ups, curl ups, mile run/walk)

Does this child require a rest period during school hours? YES _____ NO _____

Duration of restrictions: School Year _____ Months _____ Weeks _____

Date of re-evaluation: _____

MD SIGNATURE _____ STAMP _____

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Page 2 of 2

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The above named student is involved in a 40 minute Physical Education program twice a week.

This child may participate in ALL Physical Education Activities YES _____ NO _____

IF NO, please review the following list of activities and CHECK ALL THOSE THAT THE STUDENT MAY PARTICIPATE IN:

ACTIVITY LIST FOR GRADE 2, GRADE 3, GRADE 4

- Scooter games
- Dancing
- Football skills (throwing, catching, kicking)
- Circus arts (juggling, balancing)
- Kickball
- Running relays
- Playground activities : climbing _____ swings _____ slide _____
- Soccer skills
- Soccer- modified games
- Volleyball
- Jogging
- Warm up exercises
- Physical fitness (sit and reach, pull ups, sit-ups, curl-ups)
- Mile run/walk
- Basketball skills
- Jumping
- Rope climbing / wall climbing
- Bowling

Does this child require a rest period during school hours? YES _____ NO _____

Duration of restrictions: School Year _____ Months _____ Weeks _____

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