

## Physical Education Modification

The School Nurse assists the physical education teacher with the program modifications for the student who is restricted in physical education activities due to health problems. Recommendations from the student's licensed healthcare provider should be obtained in writing and based on the activities in which the student can participate.

Temporary excuses for up to three consecutive days of modification in physical education classes for minor illness and injury may be issued by the school nurse.

### Temporary Medical Excuse for Physical Education Modification

School District \_\_\_\_\_ School Name \_\_\_\_\_

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Student Referred by \_\_\_\_\_ Date \_\_\_\_\_

(School staff member and title)

Nature of disease or injury \_\_\_\_\_

\_\_\_\_\_

Length of time for modification \_\_\_\_\_

Will re-examination be necessary? \_\_\_\_\_ Date \_\_\_\_\_

#### Student is able to do the following activities:

\_\_\_\_\_ No physical activity \_\_\_\_\_ Moderate Calisthenics

\_\_\_\_\_ Non-vigorous physical activity \_\_\_\_\_ Moderate running

\_\_\_\_\_ Vigorous physical activity

\_\_\_\_\_ Exercises such as \_\_\_\_\_

Beginning \_\_\_\_\_ (date), this student would benefit from exercises such as \_\_\_\_\_,

which may be taken during physical education class.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Physician (M.D. or D.O., N.P. or School Nurse)

\_\_\_\_\_  
Address