

Mohonasen School Physical Education Limitation Form Grades 6-12

All pupils registered in the NYS schools are required by the NYS Education Law to attend courses of instruction in Physical Education.

My patient, _____ may participate in physical education/sports with the following restrictions/limitations as checked below from **(dates)** _____ to _____ due to the following reason/s _____

He/she may return to physical education class/sports without ANY restrictions/limitations on **(date)** _____

Physician Signature: _____ **Date:** _____

My patient **MAY NOT** participate in the following activities as checked below:

Physical Fitness:

- ___ Mile walk/run
- ___ Mile run
- ___ Pull-ups
- ___ Sit and reach
- ___ Crunches
- ___ Calisthenics: squats, thrusts, jumping jacks, pushups
- ___ Toning-stretch and firm
- ___ Aerobics: ___ high impact ___ low impact

___ **Basketball:**

- ___ Skills-passing, dribble, shooting
- ___ Lead up games
- ___ Scrimmages

___ **Soccer:**

- ___ Skills-dribbling, kicking, heading
- ___ Lead up games
- ___ Scrimmages

Track and Field Events:

- ___ Sprints
- ___ Hurdles
- ___ Medium distance running
- ___ High jump
- ___ Long jump/triple jump
- ___ Shot put/Discus
- ___ Floor Hockey
- ___ Speed-A-Way: combined skills soccer, football, basketball
- ___ Dodgeball-dodging, throwing, catching
- ___ Matball-modified kickball
- ___ Whiffle Ball-modified baseball
- ___ Tennis/Badminton/Handball/Racquetball
- ___ Archery
- ___ Golf
- ___ Bocci
- ___ Cross Country Skiing

___ **Softball:**

- ___ Skills-throw, catch, kick
- ___ Lead up games
- ___ Scrimmages

___ **Touch Football:**

- ___ Skills-pass, catch, kick
- ___ Lead up games
- ___ Scrimmages

___ **Volleyball:**

- ___ Skills-serve, volley, set-up, spike, block
- ___ Lead up games
- ___ Scrimmages

___ **Weight Training:**

- ___ Universal
- ___ Weights
- ___ Upper body-arms
- ___ Lower body-legs

___ **Stunts and Tumbling:**

- ___ Cartwheel
- ___ Rolls-forward and backwards
- ___ Head stand
- ___ Balances
- ___ Combinations

___ **LaCrosse:**

- ___ Skills-sticking, passing, catching
- ___ Lead up games
- ___ Scrimmages

___ **International Team Handball:**

- ___ Skills-throw, run, dribble
- ___ Lead up game
- ___ Scrimmages

___ **Swimming/Water Activities**