

Morris Hills Regional District

Health and Physical Education Department

RESTRICTIONS WITHIN PHYSICAL EDUCATION

New Jersey State Law requires 150 minutes of Physical Education each week. It is assumed that any pupil who is able to attend school regularly should participate in Physical Education classes. To this end we try to accommodate some health problems with limitations within the class structure.

Our Physical Education classes are 88 minutes long which meet every other day. As you fill out this form please help to address fitness as an important life skill. Within each block our students are expected to participate in approximately 40 minutes of our fitness component. The three phases of our fitness component include: Warm-Up, Strength Exercises, & Cardiovascular Activity. The fitness component is then followed by the activity of the day. A list of activities is included below.

The student _____ is under doctors' care and is recommended for limited participation in physical education.

Doctors name _____ Telephone Number _____

Explanation of Diagnosis:

If diagnosis includes use of an inhaler please check here _____

Self carry _____ Use before exercises' _____ Use for symptoms only _____

If diagnosis includes use of an EpiPen please check here _____

Please make sure your choices are consistent, if your patient cannot run or jog he/she cannot participate in most of the activities listed.

Please check off what your patient **CAN** or **CANNOT** do in Physical Education class.

| COMPONENTS | CAN | CANNOT | COMMENTS |
|--|-----|--------|----------|
| 1. WARM-UP- flexibility, dynamic stretching, and static stretching. | | | |
| 2. STRENGTH EXERCISES- (without weights) i.e. abdominal crunches, push-ups, pull-ups, lunges, squats, and planks. | | | |
| 3. CARDIOVASCULAR ACTIVITY- running, fitness walking, jump rope, jumping jacks, ladders, and other agility activities. | | | |
| 4. WEIGHT ROOM- use of free weights and/or weight training machines. | | | |

| COMPONENTS | CAN | CANNOT | COMMENTS |
|--|-----|--------|----------|
| 5. BODY SCULPTING- use of stationary bike, elliptical machine, and treadmill. Exercises including aerobics, pilates, yoga, kick boxing, and dance. Use of light free weights, up to 12lbs. | | | |
| 6. CHARACTER EDUCATION- activities such as tag games, team building games (includes running). Low elements challenges. High Element climbing and belaying. | | | |
| 7. TEAM SPORTS- activities such as soccer, flag football, team handball, basketball, volleyball, floor/broom/field hockey, softball, lacrosse, and ultimate frisbee. | | | |
| 8. INDIVIDUAL SPORTS- activities such as badminton, tennis, pickle ball, bowling, and golf. | | | |
| 9. GROUP GAMES- activities such as tag games, ultimate bowling, relay races, scooter soccer, foursquare, pinball wizard, and kick ball. | | | |

**** THIS RESTRICTIVE FORM MUST BE COMPLETED BY A MEDICAL PROFESSIONAL ANNUALLY****

Time frame of these restrictions: _____

Date: _____ Doctor's Signature: _____

Doctor's Stamp: _____

Additional Comments: _____

Thank you for your time and consideration