GCMS HS Phone: (217) 784-4292 GCMS HS Fax: (217) 784-8293

TO: PARENTS AND GUARDIANS OF GIBSON CITY-MELVIN-SIBLEY STUDENTS

RE: LIMITED PARTICIPATION IN PHYSICAL EDUCATION CLASSES

If your son/daughter is to have limited physical education due to injury or illness, please have your doctor fill out this form. Additional forms may be obtained from the physical education teacher, school nurse or the school office.

Dear Physician:

Sincerely.

State education law requires that all students be enrolled in a physical education course. The physical education program at GCMS is planned so that every student who is able to be in school will be able to benefit from some phase of the physical education program. Since we as professionals want to do what is best for each and every child, we will attempt to modify our physical education activities/schedule to meet the specific limitations of the student listed below. With these thoughts in mind, we would like you as the attending physician to recommend for the student listed below the extent of activity in which he/she may participate.

Please complete the information requested and **check the activities in which the student may safely participate considering his/her injury or illness**. We will develop a program of activity based on your recommendations. Thank you for your time, assistance and consideration.

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GCMS Physic	al Education Depar	rtment
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NAME OF ST	TUDENT/PATIENT	Γ
DATE OF OF	FICE VISIT	
INJURY/ILLN	NESS	
SPECIFIC INS	STRUCTIONS RE	GARDING PARTICIPATION:
LIMITED PA	RTICIPATION:	
FROM	TO	(check appropriate Activities below)

GCMS HIGH SCHOOL

Aerobics / Tae Bo Step Aerobics Power Walking Pace Walking Pace Walking Jogging Jumping rope Weight Training upper body Iower body Iower body Iower body Tennis Conditioning Stations upper body Iower body Tennis Conditioning Stations Frisbee Games upper body Iower body Iower body Jower Ballow Pillow Polo Archery Flag Football (Flicker Ball) Soccer (Indoor Soccer / Speedball) Lacrosse Table Tennis Basketball Track and Field Nolleyball	ALTERNATIVE ACTIVITIES:	leam Handball
Step Aerobics Power Walking Pace Walking Jogging Jumping rope Weight Training upper body lower body both Tennis Conditioning Stations upper body lower body both Thera-Bands Thera-Bands Fisbee Games Fisbee Games Pillow Polo Archery Flag Football (Flicker Ball) Soccer (Indoor Soccer / Speedball) Lacrosse Basketball Volleyball Kick Ball (Mat Ball) Danish Longball Badminton Social Dance Whiffle Ball Softball Frisbee Games Pillow Polo Archery Golf Juggling Table Tennis Recreational Games (Croquet, Bocce Ball, Horse Shor Frisbee Golf)		Floor Hockey
Step Aerobics	Aerobics / Tae Bo	Kick Ball (Mat Ball)
Power Walking Pace Walking Badminton Jogging Jumping rope Weight Training upper body lower body lower body lower body Tennis Conditioning Stations upper body lower body Tennis Frisbee Games Pillow Polo Archery Flag Football (Flicker Ball) Soccer (Indoor Soccer / Speedball) Lacrosse Basketball Volleyball Recreational Games (Croquet, Bocce Ball, Horse Shor Frisbee Golf)	Step Aerobics	•
	Power Walking	
	Pace Walking	Pickle Ball
		Badminton
Weight Training upper body lower body both Conditioning Stations upper body lower body lower body both Thera-Bands Frisbee Games Pillow Polo Archery Flag Football (Flicker Ball) Soccer (Indoor Soccer / Speedball) Lacrosse Basketball Volleyball Mhiffle Ball Softball Tennis Frisbee Games Pillow Polo Golf Juggling Table Tennis Recreational Games (Croquet, Bocce Ball, Horse Shot Frisbee Golf)		Social Dance
upper bodylower bodybothTennis Conditioning StationsTrisbee Gamesupper bodylower bodybothArchery Flag Football (Flicker Ball)GolfSoccer (Indoor Soccer / Speedball)JugglingLacrosseTable TennisBasketballTrack and FieldVolleyballRecreational Games (Croquet, Bocce Ball, Horse Shot Frisbee Golf)	Jumping rope	Whiffle Ball
lower bodybothTennis Conditioning StationsFrisbee Gamesupper bodylower bodyPillow PolobothArchery Flag Football (Flicker Ball)GolfSoccer (Indoor Soccer / Speedball)JugglingLacrosseTable TennisBasketballTrack and FieldVolleyballRecreational Games (Croquet, Bocce Ball, Horse Shot Frisbee Golf)		Softball
upper body lower body both Thera-Bands Archery Flag Football (Flicker Ball) Golf Soccer (Indoor Soccer / Speedball) Juggling Lacrosse Table Tennis Basketball Track and Field Volleyball Recreational Games (Croquet, Bocce Ball, Horse Shot Frisbee Golf)		Tennis
lower bodybothThera-BandsArchery Flag Football (Flicker Ball)GolfSoccer (Indoor Soccer / Speedball)JugglingLacrosseTable TennisBasketballTrack and FieldVolleyballRecreational Games (Croquet, Bocce Ball, Horse Shock Frisbee Golf)	Conditioning Stations	Frisbee Games
Thera-Bands Archery Flag Football (Flicker Ball) Golf Soccer (Indoor Soccer / Speedball) Juggling Lacrosse Table Tennis Basketball Track and Field Volleyball Recreational Games (Croquet, Bocce Ball, Horse Shock Frisbee Golf)	lower body	Pillow Polo
Soccer (Indoor Soccer / Speedball)Juggling LacrosseTable Tennis BasketballTrack and Field VolleyballRecreational Games (Croquet, Bocce Ball, Horse Shock Frisbee Golf)		Archery
LacrosseTable Tennis BasketballTrack and Field VolleyballRecreational Games (Croquet, Bocce Ball, Horse Show Frisbee Golf)	Flag Football (Flicker Ball)	Golf
Basketball Volleyball Recreational Games (Croquet, Bocce Ball, Horse Show Frisbee Golf)	Soccer (Indoor Soccer / Speedball)	Juggling
Volleyball Recreational Games (Croquet, Bocce Ball, Horse Show Frisbee Golf)	Lacrosse	Table Tennis
(Croquet, Bocce Ball, Horse Shoo Frisbee Golf)	Basketball	Track and Field
YSICIAN'S SIGNATURE:	Volleyball	(Croquet, Bocce Ball, Horse Shoes,
	YSICIAN'S SIGNATURE:	
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