

McLean County Unit District No. 5

Kingsley Junior High School

303 Kingsley Street Normal IL 61761

Phone: 309-452-4461 Fax: 309-454-1845

To The Examining Physician:

Re: _____

In the Unit 5 Schools, enrollment and participation in Physical Education classes each semester is a requirement for graduation. Our Physical Education program has become flexible enough to provide some form of activity for every student who is physically able to attend school. If a student's physical condition does not permit full participation in Physical Education classes, adaptations can be made.

Please check EACH activity in which this student MAY participate and indicate the level of exertion allowed (mild or strenuous).

<u>WARMUPS</u>	<u>MILD</u>	<u>STR</u>	<u>ACTIVITIES</u>	<u>MILD</u>	<u>STR</u>
_____ Push Ups	_____	_____	_____ Aerial Darts	_____	_____
_____ Sit ups	_____	_____	_____ Archery	_____	_____
_____ Lower Body Stretches	_____	_____	_____ Badminton	_____	_____
_____ Upper Body Stretches	_____	_____	_____ Bocce Ball	_____	_____
			_____ Bowling	_____	_____
<u>CARDIOVASCULAR</u>			_____ Flag Football	_____	_____
_____ Treadmill	_____	_____	_____ Golf	_____	_____
_____ Walk	_____	_____	_____ Pickelball	_____	_____
_____ Jog	_____	_____	_____ Soccer	_____	_____
_____ Jump rope	_____	_____	_____ Table Tennis	_____	_____
_____ Cardio Workout	_____	_____	_____ Team Handball	_____	_____
_____ Eliptical Machine	_____	_____	_____ Tennis	_____	_____
_____ Stationary Bike	_____	_____	_____ Volleyball	_____	_____
			_____ Floor Hockey	_____	_____
<u>STRENGTH</u>					
_____ Upper Body Lifts	_____	_____			
_____ Lower Body Lifts	_____	_____			
_____ Weightlifting	_____	_____			

DIAGNOSIS/REASON FOR RESTRICTION _____

RESTRICT FROM (date) _____ TO (date) _____

PHYSICIAN'S NAME (print) _____ PHONE _____

PHYSICIAN'S SIGNATURE _____ DATE _____

This Physical Education Prescription expires on the date indicated above or at the end of the school year, whichever comes first.

Please return this to: Elisabeth Barclay RN BSN
KJHS
303 Kingsley Street
Normal, IL 61761
FAX: 309-454-1845