

FREEPORT JUNIOR/SENIOR HIGH SCHOOL ADAPTIVE PHYSICAL EDUCATION REQUEST FORM

Following is a list of activities that are included in the Physical Education Program.

Activities	Mild	Moderate	Unlimited	Omit
Aerobic Dance:				
TaeBo				
Step Aerobics				
Archery				
Badminton				
Basketball				
Bowling				
Dodge ball				
Flag Football				
Floor Hockey				
Frisbee Golf				
Golf Skills				
Gymnastics				
Jogging/Running				
Jump Rope				
Kickball				
Lacrosse				
Long Distance Running				
Physical Fitness Tests:				
1 Mile Walk/Jog				
V-Sit Reach				
Pull-ups				
Shuttle run				
Sit-ups				
Physical Fitness:				
Push-ups				
Sit-ups				
Flexibility				
Calisthenics				
Ping Pong				
Soccer				
Softball (indoor/outdoor)				
Speed Ball				
Team Handball				
Tennis Skills				
Ultimate Frisbee				
Volleyball				
Walking				
Weight Training				
Wiffleball				
Alternate Activities:				
Aerodyne Bike				
Eliptical				
Treadmill				

COMMENTS

Student's Name _____

Physician's Signature _____

Reason for Adaptive P.E. _____

Date to begin _____

Date to end _____