

EXCUSE FROM PHYSICAL EDUCATION FORM

Name: _____ Period: _____ Date: _____

The purpose of the Excuse from Physical Education Form is to excuse your child from participating for a set period of time. The Excuse from Physical Education Form must be filled out and signed by a parent or legal guardian.

Please excuse my child from participating in Physical Education:

- _____ Today
- _____ Today and tomorrow.
- _____ For the next three days.
- _____ Until _____ (date).

A doctor's note is required for any illness or injury lasting more than three days. Please attach your doctor's note to this form, if required.

The reason for the excuse is related to an:

- _____ Illness
- _____ Injury

Personal excuses, such as menstrual cramping will not be accepted as an excuse from participating in PE, unless a doctor's note requires your child to be excused from participating.

Please describe in detail your child's injury or illness.

In most cases, your child will still be required to participate in the stretching exercises. Please indicate if you wish for your child to not participate in the stretching exercises.

_____/_____
 Parent Signature / Phone Number

This form must be taken to the office to be stamped and copied by the Health Assistant before you turn it in to your teacher.