



WILSON WEST MIDDLE SCHOOL  
*PHYSICAL EDUCATION*

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**MEDICAL EXCUSE REFERRAL FORM**

STUDENT \_\_\_\_\_ GRADE \_\_\_\_\_ PE PERIOD \_\_\_\_\_ odd/even (circle)

The school laws of Pennsylvania specify that all students attending the public schools of the Commonwealth receive instruction in physical education. Exception to this course requirement can only be made when the physical condition of a student is such that participation in physical education activities will be injurious to health. This exception must be determined by a physician and/or Wilson Athletic Trainer. These students are then scheduled for adapted physical education, OR a modified physical education program designed for the needs of these students. In today's standards-based instruction, the role of physical education is to provide students with the knowledge and skills needed for participation in life-long, health enhancing activities. Therefore, physical education is not simply participating in activities. In physical education, the curriculum is based on essential concepts that students need to know. These concepts are the PA standards for Health and Physical Education.

The above named student is recommended for a modified program of physical education for the following reason:

\_\_\_\_\_  
\_\_\_\_\_

The following remedial, corrective, or rehabilitative work is suggested. **PLEASE CHECK possible activities:**

- |                 |   |
|-----------------|---|
| _____ walking   | _____ throwing                          |
| _____ jogging   | _____ catching                          |
| _____ running   | _____ lower body weight bearing/lifting |
| _____ cycling   | _____ upper body weight bearing/lifting |
| _____ jumping   | _____ other _____                       |
| _____ squatting | _____                                   |

*This recommendation should be in effect from \_\_\_\_\_ to \_\_\_\_\_.*

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_