



NORRIS
SCHOOL DISTRICT

EXCUSE FROM PHYSICAL EDUCATION FORM

Student's Name: _____ **Grade:** _____ **PE Teacher:** _____

Submission Date: _____

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

Please excuse my child from Physical Education:

_____ Today

_____ Today and Tomorrow

_____ For the next three days (Today is Day 1)

A doctor's form is required for any illness or injury lasting more than three days. Please attach the PHYSICAL EDUCATION ACTIVITY/ RECESS RESTRICTION FORM 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 written doctor's note requires your child to be excused from participating.

Please include more information regarding your child's injury or illness.

In most cases, your child will still be required to participate in the stretching exercises and may walk the track while the rest of the class participates in the activity. Please describe why your child should not participate in the stretching exercises and/or in walking around the track.

We will be confirming with parents on many excusal forms, please list contact information below.

Parent Name

Parent Signature

Phone Number