

# LISLE

## COMMUNITY UNIT SCHOOL DISTRICT

### 202

Lisle Senior High School  
 1800 Short Street  
 Lisle, Illinois 60532  
 630/493-8300  
 630/971-1234 (Fax)

### MODIFIED PHYSICAL EDUCATION

STUDENT NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_ DATE: \_\_\_\_\_

MEDICAL DIAGNOSIS: \_\_\_\_\_

Please check the activities in which this student **MAY** participate. **Please note any time limit for each activity.**

- Aerobics (may include timed circuit training, Tae-Bo and Pilates)
- Archery
- Badminton
- Basketball
- Flag Football
- Floor hockey
- Frisbee
- La Crosse
- Motor Skills (galloping, hopping, jumping, leaping, running)
- Physical fitness testing (running, abdominal & upper body strength, weight & body fat)
- Pickle Ball (similar to tennis--use wooden paddle and wiffle ball)
- Saturn Ball (cross between handball & Frisbee)
- Rope jumping
- Resistance training
- Soccer
- Softball
- Speedball (combination of soccer and touch football)
- Volleyball
- Walking: **time limit:** YES  \_\_\_\_\_ (min) NO  **treadmill speed limit:** YES  \_\_\_\_\_ (mph) NO
- Weight Room
  - Upper body
  - Lower body
  - Exercise Bike
  - Elliptical Runner
- Yoga
- Eye Goggles Constant wear all sports  As Needed
- Physical Therapy exercises (**please attach exercises/guidelines**)
- Heart rate monitor
- Zumba Dance

Please note any limitations with range of motion or amount of weight: \_\_\_\_\_

These activities will be limited until (Date): \_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Phone: \_\_\_\_\_