

# Berwick Area School District Physical Education Department

Dear Parents:

The school laws of Pennsylvania specify that all students in attendance in the public schools of the Commonwealth receive instruction in the subject of physical education (Section 1511). Exception to the course requirement can only be made when the physical condition of a child is such that participation in physical education activities will be injurious to his or her health. This exception must be determined by the family physician in accordance with Section 1401 of the School Code which reads "Family Physician means either a doctor of medicine legally qualified to practice medicine and surgery in the Commonwealth, or an Osteopath or osteopathic surgeon legally qualified to practice osteopathy or osteopathic surgery in the Commonwealth who has been designated by the parent or guardian as the personal physician of the child."

Students handicapped by physical defects can engage in an adaptive physical education program and receive credit for the course. **If we receive no answer to the questions below, we can assume that the child is physically capable of participating in normal physical activities.**

### TO BE COMPLETED BY THE FAMILY PHYSICIAN

This is to certify that I have examined \_\_\_\_\_ and have found the following condition: \_\_\_\_\_.

I, therefore, recommend that participation in Physical Education be as checked below:

\_\_\_\_\_ Normal Program, all activities

\_\_\_\_\_ Limited Activity – No Contact

(Permitted activities include: Stretching, Walking, Catching/Throwing, Shooting Basketballs, Badminton, Ping Pong, Light Weight Lifting)

\_\_\_\_\_ Other, Specify \_\_\_\_\_

\_\_\_\_\_ No Physical Education Activities – Students should do written work

Approximate duration of excuse \_\_\_\_\_

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Signature of Family Physician

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

