

Elementary School Participation Form

Please check the activity and the level of activity in which the student may participate during physical education. Add comments as appropriate.

Skills	Full Participation	Skills & Drills Only	No Participation
Balance			
Catching			
Curling			
Dribbling			
Galloping			
Hopping			
Jumping/Landing			
Jump Rope			
Kicking			
Leaping			
Pulling/Pushing			
Running			
Rolling			
Skipping			
Sliding			
Striking			
Stretching			
Throwing-over/under			
Twisting			

Activities/Sports	Full Participation	Skills & Drills Only	No Participation
Basketball			
Cooperative Games			
Floor Hockey			
Football			
Gymnastics/Tumbling			
Kickball			
Playground			
Racquet Sports			
Rope Climbing			
Soccer			
Swimming			
Tag Games			
Track & Field			
Volleyball			
Wiffle Ball			

Fitness Testing	Full Participation	Skills & Drills Only	No Participation
Curl ups			
.25-.50-mile run			
Pull ups/ Flexed Arm Hang			
Shuttle run			
Sit & Reach			