

Secondary 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.

Activities/Sports	Full Participation	Skills & Drills Only	No Participation
Aerobics (Step)			
Archery			
Basketball			
Badminton			
Bowling			
Dodgeball			
Frisbee or Frisbee golf			
Floor hockey			
Flag football			
Football			
Golf			
Gymnastics/Tumbling			
Handball			
Kickball			
Lacrosse			
Pickleball			
Pilates			
Table Tennis			
Tae Bo			
Tennis			
Track and field events			
Running			
Soccer/soccer games			
Softball			
Snowshoeing			
Upper Body Exercises			
Lower Body Exercises			
Volleyball			
Wall Climbing			
Walking brisk pace			
Walking regular pace			
Weightlifting (upper)			
Weightlifting (lower)			

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