

Lansing Middle School Physical Education and Recess Participation Checklist

For students with long term medical conditions, please check the skills/activities that the student may participate in.

Student Name: _____

Date Completed: _____

Length of time activity must be modified _____

Aquatics, Swimming (stroke development)

- Front Crawl
- Back Crawl
- Side Stroke
- Elem. Back Stroke
- Breaststroke
- Butterfly
- Flip Turns
- Open Turns
- Diving
- Jumping in 3-5 ft
- Jumping in 6+ ft
- Treading Water

- Aqua Jogging

Fitness Activities

- Jump Rope
- Hula Hoop
- Abdominal Exercises
- Modified Push-up
- Full Body Push-up

Team Sport Activities

- Team Handball
- Soccer
- Flag Football
- Ultimate Frisbee
- Volleyball
- Hockey

Manipulative Skills in Isolation or with a partner

- Throwing
- Catching
- Kicking
- Striking with an Implement (bat, racket, hockey stick etc.)
- Striking with hand, forearms

Racquet Sports

- Tennis
- Badminton

Basic Locomotor Movement

- Walking
- Running
- Skipping/Galloping
- Jumping
- Shuffling side to side

Lifetime Activities

- Riding a Bike
- Riding a stationary Bike
- Elliptical/Stepper
- Roller Skating
- Dancing
- Yoga
- Flexibility Exercises
- Disc Golf
- Archery

_____ The students condition requires that they not be in a situation, during PE or Recess, that they might have a collision with another student.

Additional Comments: (the more information that we have, the better we can support the students needs)

Information provided will be used to modify the regular Physical Education program. If modification needs are not able to be met within the regular classroom, information will be used in a recommendation for a 504 Plan in order to meet the students' individual needs.

MD Signature: _____

Date: _____