

Nursing Services
Chippewa Falls School District
8th Grade Physical Education

Student Name

Parent or Guardian

Listed below are the activities for 8th grade Physical Education. Please indicate if there is an activity that your child may not participate in. In the space provided below, please indicate the reason and length of time your child will need to be excused. **A Physician/Health care provider's signature is necessary to excuse your child from an activity.**

Class: Team Sports

- FITT for Life 3 (weight room and cardio machines)
- Health
- Eclipse Ball
- Basketball and Volleyball
- Football and Softball
- Outdoor Rec Games (Spikeball, CrossNet, KanJam, Gaga Ball, and Frisbee Golf)
- Team Sports (Team Handball, Spasketball and Floor Hockey)
- Emergency Water Safety (Rescue Skills in the Pool)

Class: Individual Sports

- FITT for Life 3 (weight room and cardio machines)
- Health
- Pickleball
- Golf
- Archery
- Yard Games (Bean Bags, Molkey, Kubb, Bocce, and Frisbee Golf or KanJam)
- Team Building 3 (Rock Wall)
- Emergency Water Safety (Rescue Skills in the Pool)

Class: Elective PE (Optional for Students)

- Water Games (Water Polo, CrossNet, Spikeball, Volleyball, Basketball and Softball)
- Badminton
- Outdoor Rec
- Winter Activities (Sledding and hiking)
- Weight Room and Cardio Machines
- Team Sports (Team Handball, Spasketball and Floor Hockey)
- Base Games (Softball, Kickball, All Around and Ufda Ball)
- Football (Flag, Ultimate, 2 Hand Touch, Capture the Football)
- Basketball and Volleyball

OTHER COMMENTS/RESTRICTIONS:

Date

Signature of Physician or Health Care Provider