



## PHYSICAL EDUCATION MEDICAL RELEASE

To ensure our student's optimal participation in Mount Saint Mary Academy Physical Education classes.

Please check the boxes that the student CAN participate in during physical education.

STUDENTS NAME: \_\_\_\_\_

LIGHT ACTIVITY :

- Walking on a treadmill
- Light upper body weight lifting
- Light lower body weight lifting

MODERATE TO HEAVY ACTIVITY

- Jogging on a treadmill
- Abdominal work out
- Riding a stationary bicycle

TEAM GAMES or ACTIVITIES:

- Volleyball       Basketball       Soccer       Badminton
- Tennis       Cross country skiing       Dancing

PLEASE CHECK IF STUDENT IS NOT PERMITTED FOR ANY PHYSICAL ACTIVITY.

\_\_\_\_\_ NO activity      Doctor's Signature \_\_\_\_\_

DATE STUDENT CAN RETURN TO FULL PHYSICAL EDUCATION \_\_\_\_\_

Thank you for your time!

Sincerely,  
The MSM Physical Education Department

**3756 Delaware Avenue  
Kenmore, NY 14217**

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Fax ~ 716-877-0**