

# POB-JFK High School Physical Education Department Medical Absence Guidelines

*For the purposes of this guideline [all below must be accompanied by a doctor's note]*

**Daily medical** is defined as a medical issue or condition that precludes the student from participating in PE for up to 1 full week (1-3 classes).

**Short-term medical** is defined as a medical issue or condition that precludes the student from participating in PE for more than 1 full week and up to 1 full month.

**Long-term medical** is defined as a medical issue or condition that precludes the student from participating in PE for more than 1 month.

- **Daily Medical:**

- Student must fill out a *sitting-out assignment sheet* unless they are able to safely peripherally participate in the class [scorekeeping, refereeing, timing, etc.].  
*\*\*this is the same as if the student is not able to participate due to being unprepared, etc.*

- **Short-term Medical:**

- For *each* week or partial week the student is unable to participate, the student must read a full chapter from the PE appropriate texts provided by the teacher and must write 1 page response to be handed in at the end of each week (based on odd or even schedule).
- Students on short term medical may get a Medical Absence Log from their teacher. They must have the log STAMPED with arrival and departure time from the librarian, and must have their physical education teacher sign the log at the end of each class. Students failing to do so will be marked absent and the absence will be counted as an unexcused absence.

- **Long-term Medical:**

- For *each* month or partial month the student is unable to participate, the student must write a 4 page, typed report (formatted correctly as per English Dept. standards) based on the following topics to be handed in at the end of each month.
- Topics: Fitness and Health, Heart Disease, Nutrition, Teenagers and Exercise, Fitness Components, History of Sport, Sport Psychology, History of Dance, Dance in Other Cultures, Influential Sports/Dance Figures, Class Specific Topic (Yoga, Tap, Weight Training, etc.) Specific topic must be approved by the teacher.
- Students on long-term medical must get a Medical Absence Log from their teacher. They must have the log STAMPED with arrival and departure time from the librarian and must have their physical education teacher sign the log by the end of each class. Students failing to do so will be marked absent and the absence will be counted as an unexcused absence.

# POB-JFK High School Physical Education Department

## Medical Absence Log/Library Pass

Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

Type of Medical: Short/Long          Period: \_\_\_\_\_          Day: Odd/Even  
 Assignment: \_\_\_\_\_

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**Due Date:** \_\_\_\_\_

The student must report to their Physical Education class at the beginning and end of each period. Failure to do so can result in an unexcused absence from the class and loss of credit for the day.

**\*\*\*The student must secure all signatures to ensure full credit for the day.\*\*\***

*The student will be responsible to keep log until the end of the assignment.*

The student is not allowed to travel to other locations within the building during this time.

Date	Arrival Time	Librarian STAMP	Departure Time	Librarian STAMP	Comments	PE Teacher Signature

\*\*\* If you lose or misplace this log, credit for those days will not be given \*\*\*