

REGULATION

MONTGOMERY COUNTY PUBLIC SCHOOLS

Related Entries:

Responsible Office: Deputy Superintendent of Schools

Students Excused from Physical Education Classes

I. PURPOSE

To establish procedures to excuse a student from participating in physical education

II. PROCEDURES

For any excused absence from physical education class that exceeds two consecutive days, the student must be provided with an alternative lesson that reflects daily objectives in physical education.

A. Temporary Excuse

1. **Three Consecutive Days**—The teacher may excuse a student from participating in physical education because of illness for a period of up to three consecutive days at the request of the student or upon recommendation of the school nurse.
2. **More Than Three Days**—A request from the parent/guardian is required to excuse a student after the third day.
3. **More Than Five Days**—Form 345-22, *Physical Education Physician Contact Form*, is required to excuse a student, because of illness or injury, from physical education for a period of more than five days.

B. Excuse for a School Year

1. MCPS Form 345-22, *Physical Education Physician Contact Form*, is required to excuse a student from physical education for a school year or to receive an adapted program to accommodate special needs. For high school students to receive physical education credit for an in-school modified program, a physician's form is required.

2. If the student's illness or disability is of a continuing nature, MCPS Form 345-22, *Physical Education Physician Contact Form*, is submitted to the principal annually at the beginning of the school year, and to the coordinator of Physical Education for review and approval.
3. MCPS Form 345-22, *Physical Education Physician Contact Form*, becomes a part of the student's permanent health record.
4. In cooperation with the student and staff, the principal is responsible for providing an appropriate program for a student excused from physical education for a school year.

C. Adapted Physical Education Program

1. If a student cannot participate in the regular physical education program, MCPS Form 345-22, *Physical Education Physician Contact Form*, is required.
2. The physical education supervisor or designee will contact the physician to ensure appropriate programming.
3. In cooperation with the physical education teacher, the special needs instructional specialist will develop an appropriate plan for the student.

Regulation History: Formerly Regulation 505-3, February 8, 1979 (directory information updated); revised July 26, 1995; revised December 10, 2004.