

Roxbury High School
 One Bryant Drive, Succasunna, NJ 07876
 973-584-1200

Physical Education Activities

Student Name	Grade Level

The Department of Health and Physical Education in conjunction with the nurses' office of Roxbury High School are providing the following list for students who **may** have restrictions. The following activities are part of the high school Physical Education curriculum. The above named student may have restrictions in all or some activities listed. Please indicate any restrictions for each activity. If there is no indication, it is understood the student can participate with **no** restrictions.

	Unrestricted	Restricted
Physical Conditioning		
Aerobic Conditioning		
Running / Walking		
Flexibility / Stretching Exercises		
Aerobics		
Weight Training		
Sports / Games – Archery		
Basketball		
Bowling		
Cooperative Games		
Field / Floor Hockey		
Flag / Touch Football		
Golf		
Handball (Team)		
Lacrosse		
Racket Games (racquetball, badminton, table tennis, tennis, pickleball)		
Soccer		
Softball		
Speedball		
Track and Field		
Ultimate Frisbee		
Volleyball		
Kickball		
Wiffleball		
Relay Races		
Tag Games		

Over for more information

Project Adventure Activities

Item #	Activity	Yes	No
1	Jump Rope		
2	Tag Games		
3	Blind fold – trust walk with partner		
4	Carrying and lifting people		
5	Be carried or lifted by people		
6	Trust falls – students catch someone falling backwards		
7	Balancing on logs and wires 18’ high / falling activities		
8	Swinging on ropes		
9	Climbing over obstacles 5 to 12 feet high		
10	Belaying – protect a climber from falling by holding the safety rope (techniques used in rock climbing)		
11	Climbing walls and trees on belay		
12	Rappel down a wall on belay		
13	Glide on pulleys across wires above ground above 10 feet		
14	High Rope Elements (suspended bridges, ropes)		

Physician’s Printed Name	Physician’s Signature / Date

Over for more information