

## PHYSICAL EDUCATION ACTIVITY GUIDE

Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_

School: \_\_\_\_\_

This student has juvenile idiopathic arthritis and requires the following modifications in the physical education activity program. This may change daily.

TYPES OF MOVEMENTS	OMIT	*MILD	**MODERATE	UNLIMITED
Bending				
Climbing				
Hanging				
Jumping				
Kicking				
Lifting				
Pulling				
Pushing				
Running				
Sitting on the floor				
Stretching				
Throwing				
Twisting				

EXERCISES THAT AFFECT THESE JOINTS	OMIT	*MILD	**MODERATE	UNLIMITED
Back				
Neck				
Shoulder				
Hand/wrist				
Knee				
Hip				
Ankle				

\* Very little activity      \*\*Half as much as the unlimited program

COMMON CALISTHENICS	OMIT	*MILD	**MODERATE	UNLIMITED
Chin-ups				
Push-ups				
Pull-ups				
Sit-ups				
Jumping jacks				
Squats				
Lunges				
Leg lifts				
Wall sits				
Toe touches				
Windmills				

COMMON ACTIVITIES	OMIT	*MILD	**MODERATE	UNLIMITED
Basketball				
Baseball/softball				
Dodgeball				
Rope climbing				
Jump rope				
Football				
Golf				
Square dancing				
Volleyball				
Swimming				

Remarks: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Recommended until \_\_\_\_\_, 20\_\_\_\_

If you have any questions, please contact: \_\_\_\_\_  
 \_\_\_\_\_

*\* Very little activity      \*\*Half as much as the unlimited program*