



Online Schooling for Moorish Children

Physical Education Permission Form



PHYSICAL EDUCATION AND PHYSICAL ACTIVITY PROGRAM

The Physical Education Program at Online Schooling for Moorish Children uses age-appropriate instructional videos designed to encourage student participation with the support and supervision of parents, guardians, or other responsible adults.

The program provides healthy recreational, aerobic, cardiovascular, flexibility, balance, coordination, yoga, meditation, and strength-building activities. These activities give every student an opportunity to improve overall physical fitness, develop healthy exercise habits, reduce stress, and gain confidence in their physical abilities.

Students participate in cardio exercises, stretching, movement activities, yoga poses, breathing exercises, guided meditation, mindfulness activities, and age-appropriate strength-building exercises. Yoga activities are used to improve flexibility, posture, balance, coordination, and body awareness. Meditation and controlled breathing activities help students develop concentration, emotional balance, self-awareness, relaxation, and healthy stress-management skills.

The program also promotes cooperation, self-discipline, sportsmanship, perseverance, inner peace, and a positive attitude toward physical and mental conditioning. Students are encouraged to participate regularly and to complete activities according to their individual ages, abilities, health needs, and physical limitations.

Health and safety concepts are incorporated into the program to help students understand the importance of proper exercise techniques, safe yoga practices, controlled breathing, hydration, nutrition, personal hygiene, injury prevention, rest, and healthy lifestyle choices. These lessons allow students to remain informed about current health and fitness practices while developing the knowledge necessary to make responsible decisions that positively affect their physical, mental, and emotional well-being.

Parents and guardians should provide a safe and quiet activity area, supervise physical activities when appropriate, and ensure that students wear suitable clothing and footwear. Yoga poses, stretches, and physical exercises should never be forced beyond a student's comfortable range of motion. Students should stop exercising immediately if they experience pain, dizziness, difficulty breathing, or unusual discomfort. Parents and guardians should consult a qualified healthcare professional before allowing a student with a medical condition, injury, or



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physical limitation to begin or continue any exercise, yoga, or meditation program.

I give my child _____
permission to participate in the Online Schooling for Moorish
Children Physical Education Program.

My child has no health issues that will cause him/her not to
participate.

Parents email: _____

Parent/ Guardian:

Print: _____

Parent/ Guardian:

Signature: _____

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