

Justification for Missing PE Class

Date: [Insert Date]

To Whom It May Concern,

I am writing to inform you that my child, [Child's Name], was unable to participate in Physical Education class on [Date of Absence] due to health concerns. [He/She] was experiencing [briefly describe health issue, e.g., flu symptoms, injury, etc.], which made it difficult for [him/her] to engage in physical activities.

We have consulted with our healthcare provider, and [Child's Name] has been advised to rest and avoid strenuous activities until [insert date of return or further evaluation]. We appreciate your understanding and support during this time.

Thank you for your attention to this matter.

Sincerely,

[Your Name]

[Your Contact Information]

[Your Relationship to Child]