

Instruction

Physical Education and Activity

The Board of Education recognizes the positive benefits of physical activity for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the district.

The Board desires to provide a physical education program which builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

The Board of Education shall approve the components of the physical education program. The district's program shall be aligned with state model curriculum standards and curriculum frameworks. The Superintendent or designee shall ensure that the district's program provides students with equal opportunities for instruction and participation regardless of gender in accordance with law.

Physical education staff shall take special care to ensure that excessive physical exertion is not required of students who have informed staff of a heart or respiratory condition or other physical disability that may restrict such activity. These restrictions shall be in accordance with his/her individualized education program or Section 504 accommodation plan. An appropriate alternative activity shall be provided for these students.

Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather, or other inclement conditions.

Staffing

Physical education instruction shall be delivered by appropriately credentialed teachers who may be assisted by instructional aides, paraprofessionals, and/or volunteers.

The district shall provide physical education teachers with continuing professional development, including classroom management and instructional strategies designed to keep students engaged and active and to enhance the quality of physical education instruction and assessment.

Physical Fitness Testing

The Superintendent or designee shall annually administer the physical fitness test to students in grades 5, 7, and 9.

The Superintendent or designee shall annually report to the Board the results of the physical fitness testing for each school and applicable grade level.

Temporary Exemptions

The Superintendent or designee may grant a temporary exemption from physical education under either of the following conditions: (Education Code 51241)

1. The student is ill or injured and a modified program to meet his/her needs cannot be provided.
2. The student is enrolled for one-half time or less.

Two-Year Exemption

With a student's consent, the Superintendent or designee may exempt a student from physical education courses for any two years during grades 10-12 provided that the student has satisfactorily met any five of the six standards of the state's physical fitness test in grade 9. (Education Code 51241)

Permanent Exemption

The Superintendent or designee may grant permanent exemptions from physical education to an individual student under any of the following conditions: (Education Code 51241)

1. Age 16 years or older and has been in grade 10 for one or more academic years.
2. Enrolled as a postgraduate student.
3. Enrolled in a juvenile home, ranch, camp or forestry camp school with recreation and exercise scheduled.

Other Exemptions

The Superintendent or designee may grant an exemption from physical education under the following conditions:

1. The student in grades 10-12 is excused for up to 24 clock hours in order to participate in automobile driver training. (Education Code 51222)
2. The Superintendent or designee may exempt any student in grades 10 through 12 who attends a regional occupational center or program from attending physical education courses if such attendance results in hardship because of the travel time involved. (Education Code 52316)
3. The student is in high school and is engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours. (Education Code 51242)

Legal References: EDUCATION CODE

33126 School accountability report card

35256 School accountability report card

49066 Grades; physical education class

51210 Course of study, grades 1-6

51220 course of study, grades 7-12

51222 Physical education

51223 Physical education, elementary schools

51241 Temporary or permanent exemption from physical education

51242 Exemption from physical education for athletic program participants

52316 Excuse from attending physical education classes

60800 Physical performance test

CODE OF REGULATIONS, TITLE 5

1040-1048 Physical performance test

3051.5 Adapted Physical Education for Individuals with Exceptional Needs

10060 Criteria for Physical Education Program

UNITED STATES CODE, TITLE 29

794 Rehabilitation Act of 1973, Section 504

ATTORNEY GENERAL OPINIONS

53 Ops.Cal.Atty.Gen. 230 (1970)

MANAGEMENT RESOURCES:

CSBA ADVISORIES

New Requirement for Physical Education Exemption, August 2007

CSBA PUBLICATIONS

Monitoring for Success: Student Wellness Policy

Implementation Monitoring Report and Guide, 2007

Physical Education and California Schools, Governance and Policy Services Policy Brief, October 2006

Student Wellness: A healthy Food and Physical Activity Policy Resource Guide, 2006

CALIFORNIA DEPARTMENT OF EDUCATION

PUBLICATIONS

Physical Education Model Content Standards for California Public Schools: Kindergarten Through Grades 12, January 2005 Physical

Education Framework for California Public Schools: K-12, 1996

CALIFORNIA DEPARTMENT OF EDUCATION

PROGRAM ADVISORIES

0418.89 Physical Education, April 18, 1989

CALIFORNIA DEPARTMENT OF EDUCATION

PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2000

CDHS PUBLICATIONS

Jump Start Teens, 1997

Playing the Policy Game, 1999

School Idea and Resource Mini Kit, 2000

NASBE PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

WEB SITES

CSBA: <http://www.csba.org>

CDE, Physical Fitness Testing

<http://www.cde.ca.gov/ta/tg/pf>

CDE, Nutrition Services Division/SHAPE California:

<http://www.cde.ca.gov/nsd>

CDHS, School Health Connections:

<http://www.mch.dhs.ca.gov/programs/shc/shc.htm>

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

California Healthy Kids Resource Center:

<http://www.californiahealthykids.org>

National School Boards Association:

<http://www.schoolhealth@nsba.org>

National Association of State Boards of Education (NASBE):

<http://www.boards@nasbe.org>

Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov>

Board Policy

6146.1 High School Grad Requirements/Standards of Proficiency

6146.11 Alternative Credits Toward Graduation

Policy

adopted: 12/08/98

revised: 04/04/00

revised: 11/04/03

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revised: 04/15/14

revised: 06/11/14 (technical revision)

revised: 08/08/17 (technical revision)