

PHYSICAL EDUCATION & ACTIVITY

The district shall provide all students the opportunity to be physically active on a regular basis through high-quality physical education instruction and activity throughout the school day. The district's physical education and activity programs shall support the district's coordinated student wellness program and encourage students' lifelong fitness. The district shall ensure that the physical education and activity program provides students with equal opportunities for instruction and participation regardless of gender in accordance with law. Students with disabilities shall be provided instruction in physical education in accordance with their individualized education program or Section 504 accommodation plan.

Definitions

Physical education is a sequential educational program that teaches students to understand and participate in regular physical activity for developing and maintaining physical fitness throughout their lifetime, understand and improve their motor skills, enjoy using their skills and knowledge to establish a healthy lifestyle, and understand how their bodies work.

Physical activity is bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure, including exercise, sport, dance, and other movement forms.

Moderate physical activity is any activity which generally requires sustained, rhythmic movements and refers to a level of effort a healthy individual might expend while, for example, walking briskly, dancing, swimming, or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity.

Vigorous physical activity is any activity which generally requires sustained, rhythmic movements and refers to a level of effort a healthy individual might expend while, for example, jogging, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill. Vigorous physical activity may be intense enough to result in a significant increase in heart and respiration rate.

Instructional Time

Instruction in physical education shall be provided for at least the following minimum period of time: (Education Code 51210, 51222, 51223)

For students in grades 9-12, 400 minutes each 10 school days

The Superintendent or designee shall determine a method to document compliance with the required number of instructional minutes. Such documentation may include, but not be limited to, a master schedule, teacher roster, or log for staff or students to record the number of physical education minutes completed.

Any complaint alleging noncompliance with the instructional minute requirement may be filed in accordance with the district's procedures in AR 1312.3 - Uniform Complaint Procedures. A complainant not satisfied with the district's decision may appeal the decision to the California Department of Education (CDE). If the district or the CDE finds merit in a complaint, the district shall provide a remedy to all affected students and parents/guardians. (Education Code 51210, 51223; 5 CCR 4600-4687) (cf. 1312.3 - Uniform Complaint Procedures)

Physical Fitness Testing

During the annual assessment window between the months of February through May, students in grade 9 shall be administered the physical fitness test designated by the State Board of Education (FITNESSGRAM). (Education Code 60800; 5 CCR 1041)

(cf. 6162.5 - Student Assessment)

The Superintendent or designee may provide a make-up date for students who are unable to take the test based on absence or temporary physical restriction or limitations, such as students recovering from illness or injury. (5 CCR 1043)

On or before November 1 of each school year, the Superintendent may designate an employee to serve as the district's physical fitness test coordinator and so notify the test contractor. The test coordinator shall serve as the liaison between the district and California Department of Education for all matters related to the physical fitness test. His/her duties shall be those specified in 5 CCR 1043.4, including, but not limited to, overseeing the administration of the test and the collection and return of all test data to the test contractor. (5 CCR 1043.4)

Students shall be provided with their individual results after completing the FITNESSGRAM. The test results may be provided in writing or orally as the student completes the testing and shall be included in his/her cumulative record. (Education Code 60800; 5 CCR 1043.10, 1044)

(cf. 5125 - Student Records)

Each student's test results shall also be provided to his/her parents/guardians.

The Superintendent or designee shall report the aggregate results of the FITNESSGRAM in the annual school accountability report card required by Education Code 33126 and 35256. (Education Code 60800)

(cf. 0510 - School Accountability Report Card)

Testing Variations

All students may be administered the FITNESSGRAM with the following test variations:
(5 CCR 1047)

1. Extra time within a testing day
2. Test directions that are simplified or clarified

All students may have the following test variations if they are regularly used in the classroom:
(5 CCR 1047)

1. Audio amplification equipment
2. Separate testing for individual students provided that they are directly supervised by the test examiner
3. Manually Coded English or American Sign Language to present directions for test administration

Students with a physical disability and students who are physically unable to take all of the test shall undergo as much of the test as their physical condition will permit.
(Education Code 60800; 5 CCR 1047)

Students with disabilities may be provided the following accommodations if specified in their individualized education program (IEP) or Section 504 plan: (5 CCR 1047)

1. Administration of the test at the most beneficial time of day to the student after consultation with the test contractor
2. Administration of the test by a test examiner to the student at home or in the hospital
3. Any other accommodation specified in the student's IEP or Section 504 plan for the physical fitness test

(cf. 6159 - Individualized Education Program)

(cf. 6164.6 - Identification and Education Under Section 504)

Identified English learners may be allowed the following additional test variations if regularly used in the classroom: (5 CCR 1048)

1. Separate testing with other English learners, provided that they are directly supervised by the test examiner
2. Test directions translated into their primary language, and the opportunity to ask clarifying questions about the test directions in their primary language

Physical Education Proficiency

A. Physical Education Graduation Requirement

1. 20 Credits in Physical Education are required to graduate

B. Grade 9 Physical Education

1. All grade 9 students will be in a P.E. class
2. Marching Band P.E. (Fall only), Athletics, and ROTC are considered P.E. classes
3. All grade 9 students will take the California Physical Fitness Test in Spring of grade 9

C. Grade 10 Physical Education

1. Students in grade 9 who pass 5 of 6 PFT assessments will have two terms of P.E. in grade 10
 - a. Marching Band P.E. (Fall only), Athletics, and ROTC are considered P.E. classes
2. Marching Band students who pass the PFT in grade 9 or the fall of grade 10 may take a music class in the Spring Term of grade 10
 - a. Spring Term Music courses including but not limited to ~~Spring~~ Marching Band will not count as P.E. credit
3. Students that did not pass 5 of 6 PFT assessments in grade 9 will have two terms of P.E. in grade 10
 - a. Marching Band P.E. (Fall only), Athletics, and ROTC are considered P.E. classes
 - b. Students grade 10 who have not yet passed 5 of 6 PFT assessments will retake the PFT assessments they have previously failed, in both Fall and Spring of grade 10

D. Grade 11 Physical Education

1. Students who pass 5 of 6 PFT assessments and complete 20 credits of P.E. are exempted from P.E. in grade 11 under *CA Ed Code 51241(b)(1)*
2. Students in grade 10 who do not pass 5 of 6 PFT assessments will take P.E. in grade 11
 - a. Marching Band P.E. (Fall only), Athletics, and ROTC are considered P.E. classes
3. Students that did not pass 5 of 6 PFT assessments in grade 10 will retake the PFT assessments they have previously failed, in both Fall and Spring of grade 11 as necessary to pass

4. Students in grade 11 who have not yet passed 5 of 6 assessments on the PFT may be exempted from taking P.E. under *CA Ed Code 51241 (c)(1)* if they are 16 years old with approval by the Principal or their designee and a review with signature by the P.E. Department Chair
5. Students in grade 11 who have who have not yet passed 5 of 6 assessments on the PFT cannot have a dismissal/off roll period and will be enrolled in a P.E. class unless exempted under *CA Ed Code 51241*
6. Students in grade 11 who have who have not yet passed 5 of 6 assessments on the PFT cannot have a service class unless they are also enrolled in a P.E. class unless exempted under *CA Ed Code 51241*
7. Students in grade 11 who pass 5 of 6 assessments on the PFT in the Fall of grade 11 are exempted from P.E. in the Spring of grade 11 under *CA Ed Code 51241(b)(1)*

E. Grade 12 Physical Education

1. Students in Grade 12 are exempt from P.E. under *CA Ed Code 51241 (c)(1)*
2. Students in Grade 12 are encouraged to take P.E. courses as electives

F. Medical Exemption

1. Students in grades 9 through 12 can be temporarily medically exempted from P.E. by a Medical Doctor or Mental Health professional under *CA Ed Code 51241 (a)(1)*
2. Students enrolled in P.E. who experience a temporary medical exemption from P.E. in the first four weeks of the P.E. course that is longer than two weeks in duration will be placed in another subject area course and will complete the required P.E. credits in the subsequent term.
3. Students enrolled in P.E. who experience a temporary medical exemption from P.E. that is longer than two weeks in duration in week four through the end of the current term will be placed in P.E. Independent Study until they are released from their medical exemption or until the end of the current term.
 - a. Students whose temporary medical exemption from P.E. lasts into the first four weeks of the subsequent term will be placed in another subject area course and will complete the required P.E. credits in the following term.

G. Independent Study Physical Education (ISPE)

1. ISPE is a Blended Learning course with online content and required periodic face to face meetings
2. Unless medically exempt, students in ISPE must document 400 minutes of activity every two weeks.
3. Students who experience a temporary medical exemption from P.E. that is longer than four weeks in duration in week four through the end of the current term will be placed in ISPE until they are released from their medical exemption or until the end of the current term.
4. Beginning in the 2019-2020 school year, students in Grade 9 are not eligible to enroll in ISPE unless they are medically exempt.
5. Students in Grade 10 through Grade 12 requesting ISPE should meet the following criteria
 - a. The student passes 5 of 6 Assessments on the Grade 9 PFT
 - b. Participation outside of high school as a professional athlete
 - i. Participation as an athletic professional may impact eligibility for CIF Athletics
 - c. Participation in an Olympic development program or on an out of country national team
 - d. Participation in regional, national, or international competition in an athletic event not offered by the high school through an accredited athletic organization.

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