

# Salinas City Elementary School District

Instruction

Policy # 6142.7

## Physical Education And Activity

The Governing Board recognizes the positive benefits of physical activity on student health and academic achievement. The district shall provide all students the opportunity to be physically active on a regular basis through high-quality physical education instruction and may provide additional opportunities for physical 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.

(cf. 5030 - Student Wellness)  
(cf. 6142.8 - Comprehensive Health Education)

The district's physical education program shall provide a developmentally appropriate sequence of instruction aligned with the state's model content standards and curriculum framework. 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.

(cf. 0410 - Nondiscrimination in District Programs and Activities)  
(cf. 6011 - Academic Standards)  
(cf. 6143 - Courses of Study)

The district's physical education program shall engage students in moderate to vigorous physical activity, as defined in the accompanying administrative regulation, for at least 50 percent of class or session time. The Superintendent or designee shall develop strategies to monitor the amount of moderate to vigorous physical activity that takes place in the physical education instructional program.

Students with disabilities shall be provided instruction in physical education in accordance with their individualized education program or Section 504 accommodation plan.

(cf. 6159 - Individualized Education Program)  
(cf. 6164.6 - Identification and Education Under Section 504)

During air pollution episodes, extreme weather, or other inclement conditions, physical education staff shall make appropriate adjustments to the program or shall seek alternative indoor space to enable students to participate in active physical education.

(cf. 3514 - Environmental Safety)      (cf. 5141.7 - Sun Safety)

---

### REFERENCE:

#### EDUCATION CODE

33126, 33350-33354, 35256, 49066, 51210, 51222, 51223, 52316, 60800

CODE OF REGULATIONS, TITLE 5: 1040-1048, 3051.5

UNITED STATES CODE, TITLE 29

794 Rehabilitation Act of 1973, Section 504

UNITED STATES CODE, TITLE 42: 1751

All Rights Reserved by SCESD

CSBA: DATE: 2/10

Issued 11/5/12

# Salinas City Elementary School District

## Staffing

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

- (cf. 1240 - Volunteer Assistance)
- (cf. 4112.2 - Certification)
- (cf. 4222 - Teacher Aides/Paraprofessionals)

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.

- (cf. 4131 - Staff Development)
- (cf. 5121 - Grades/Evaluation of Student Achievement)

## Physical Fitness Testing

The Superintendent or designee shall annually administer the physical fitness test designated by the State Board of Education to students in grades 5. (Education Code 60800; 5 CCR 1041)

## 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.

## Additional Opportunities for Physical Activity

The Superintendent or designee shall develop strategies to supplement physical education instruction with additional opportunities for students to be physically active before, during, and after the school day.

- (cf. 1330.1 - Joint Use Agreements)
- (cf. 5142.2 - Safe Routes to School Program)

# Salinas City Elementary School District

Instruction

Policy # 6142.7

- (cf. 5148 - Child Care and Development Program)
- (cf. 5148.2 - Before/After School Program)
- (cf. 6145 - Extracurricular and Cocurricular Activities)
- (cf. 6145.5 - Student Organizations and Equal Access)

## Program Evaluation

The Superintendent or designee shall annually report to the Board the results of the state physical fitness testing for each school and applicable grade level. He/she shall also report to the Board regarding the number of instructional minutes offered in physical education for each grade level, and any other data agreed upon by the Board and the Superintendent or designee to evaluate program quality and the effectiveness of the district's program in meeting goals for physical activity.

- (cf. 0500 - Accountability)
- (cf. 6190 - Evaluation of the Instructional Program)

(7/07 11/07) 2/10

---

## REFERENCE:

EDUCATION CODE

33126, 33350-33354, 35256, 49066, 51210, 51222, 51223, 52316, 60800

CODE OF REGULATIONS, TITLE 5: 1040-1048, 3051.5

UNITED STATES CODE, TITLE 29

794 Rehabilitation Act of 1973, Section 504

UNITED STATES CODE, TITLE 42: 1751

All Rights Reserved by SCESD

CSBA: DATE: 2/10

Issued 11/5/12