

Instruction

PHYSICAL EDUCATION

The Governing Board 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 and exhibit good sportsmanship; demonstrate physically healthy practices and develop anger management skills.

(cf. 5121 – Grades/Evaluation of Student Achievement)

(cf. 6142.8 – Comprehensive Health Education)

(cf. 6145.2 – Athletic Competition)

(cf. 6146.1 – High School Graduation Requirements)

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. An appropriate alternative shall be provided for these students.

(cf. 6164.6 – Identification and Education under section 504)

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.

(cf. 3516 – Emergencies and Disaster Preparedness Plan)

With the consent of the student, the Superintendent or designee may grant temporary exemption from physical education under either of the following conditions: (Education Code 51241)

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

Policy Adopted: June 15, 2006

WESTMINSTER SCHOOL DISTRICT
Westminster, California