

## PHYSICAL EDUCATION &amp; ACTIVITY

## 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. Schools implementing an alternate bell schedule with 18-week quarter terms must fulfill the minimum state physical education requirements by offering 800 minutes of instruction every 10 days. This results in a cumulative total of 3,600 minutes within each 18-week term, with a maximum of 7,200 minutes available throughout the academic year (Ed Code 51222).

If the instructional minute requirement cannot be met during a 10-day period due to inclement weather, a school assembly, field trip, student assessment, or other circumstances, the school shall make up those minutes on another day in order to satisfy the instructional minute requirement.

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)

## Student Records

No grade of a pupil participating in a physical education class, however, may be adversely affected due to the fact that the pupil does not wear standardized physical education apparel where the failure to wear such apparel arises from circumstances beyond the control of the pupil. (Education Code 49066).

## 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.

Students should be granted an accommodation in connection with any physical activity components of a physical education course during a period of religious fasting upon the submission to the school principal of written notification from the student's parent or guardian (Ed Code 51240.5).

#### 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 JROTC are considered P.E. classes.
3. All grade 9 students will take the California Physical Fitness Test in Spring of grade 9.
4. Grade 9 students with exceptional athletic ability may participate in varsity athletics, provided they are competing on the varsity team.

##### 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 Courses, and JROTC are considered P.E. classes.

2. 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 Courses, and JROTC 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.
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 Courses, 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 of age or older and have been enrolled in grade 10 for one academic year or longer and has completed the 20 required credits of Physical Education for graduation unless exempted by a temporary waiver.
5. Students in grade 11 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 5124.1
6. Students in grade 11 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 5124.1
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).
8. Students in Grade 11 are encouraged to take P.E. courses as electives.

E. Grade 12 Physical Education

1. Students in grade 12 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)(l) if they are 16 years of age or older and have been enrolled in grade 10 for one academic year or longer and have completed the 20 required credits of Physical Education for graduation, unless exempted by a temporary waiver.
2. Students in Grade 12 are encouraged to take P.E. courses as electives.

F. Permanent Exemption

Students in grades 11-12 may qualify for a permanent exemption from Physical Education under specific conditions outlined by California Education Code Section 51241. This exemption allows eligible students to focus on academic courses that align with their educational and career goals while being informed of the PE elective options available for continued physical activity and wellness.

Eligibility Criteria:

A permanent exemption may be granted if the student meets one or more of the following conditions:

1. The student is 16 years of age or older, has been enrolled in grade 10 for at least one academic year, and has completed the 20 required Physical Education credits for graduation, unless previously exempted by a temporary exemption.
2. The student is enrolled as a postgraduate pupil.
3. The student is enrolled in a juvenile home, ranch, camp, or forestry camp school with scheduled recreation and exercise as per Article 24 requirements.

Application Process:

1. Student and Parent Notification: Students and their families are informed about the option to enroll in PE elective courses for continued physical education tailored to their interests.
2. Counselor Verification and Approval:
  - The counselor verifies that the student meets the exemption criteria, has reached the 20-credit PE graduation requirement, and is informed of elective PE options.
  - The exemption form, signed by the counselor and reviewed by the principal or designee, must be filed in the student's cumulative record and added to the school's internal PE exemption list.

## H. Independent Study Physical Education (ISPE)

1. ISPE is a blended learning course with online content and required periodic face-to-face meetings during the school day in an alternative education setting.
2. Unless medically exempt, students in ISPE must document 400 minutes of activity every two weeks, monitored by a P.E. credentialed teacher.
3. Students with an approved temporary exemption from physical education are not required to be placed in ISPE, as doing so would constitute a modified program.
4. Beginning in the 2019-2020 school year, students in Grade 9 are not eligible to enroll in ISPE unless they are medically exempt.

## I. Athletic Exemption

Students who participate in a school-sponsored interscholastic athletic program may qualify for an exemption from one or more semesters of the physical education requirement, per California Education Code 51242. This exemption is designed to support varsity student-athletes who maintain a full academic schedule and require flexibility to pursue additional academic courses for college preparation, intervention, or graduation requirements.

Eligibility and Requirements:

1. Eligibility: To be eligible for the athletic exemption, students must:
  - Have completed P.E. I and participated in the FitnessGram testing in the ninth grade.
  - Be a student in grade 10.
  - Compete in a school-sponsored varsity sport not offered as an athletic course that is conducted wholly or partially outside of regular school hours within the Oxnard Union High School District.
  - Maintain a full course load and participate in an eligible athletic season.
  - Completed an athletic exemption form for each year of exemption participation. Applications must be turned in and approved prior to the beginning of the season to be considered.
2. Exemption Credit:
  - One athletic season waives one semester of the physical education requirement. A second season in the same or a subsequent year fulfills the second-semester requirement.
  - No academic credits are awarded through this exemption; instead, it only exempts the student from additional P.E. course enrollment. Students must still complete the full 230 credits required for graduation.
3. Application and Approval Process:

- An athletic exemption application must be completed and received for consideration of approval by the counselor and principal before the beginning of each eligible athletic season.
- If a student ceases participation in the interscholastic sport or becomes ineligible due to unsatisfactory grades, the exemption is void, and the student must complete the PE requirement through regular PE courses.

Adopted: 11/7/18; Revised 12/12/18; Revised 2/10/2025