

Sports for PE Credit

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Students for Change

Context

- Physical education promotes health, fitness for all students.
- Organized sports already teach these skills
- Students gain leadership, time management, goal setting and resilience.

The Issue

- Our district is one of the only Bay Area districts that does not award PE credit for participation in school sports.
- Athletes often commit 10-20 hours per week to athletic training.
- This practice in itself already meets or exceeds state fitness standards.
- Students must still take full PE classes—creating unnecessary stress and coursework duplication

Student Support

- 400+ Signatures across all grade levels
- Majority are freshmen eager to participate in sports
- Shows strong interest and demand for this policy

Other Bay Area District Models/Successful Models

- Acalanes Union HSD – Full Season Sport = 5 Credits. Coach + AD sign-off.
- Oakland Unified – “Advanced Sports PE” gives PE credit for approved sports.
- San Ramon Valley USD – Athletic PE forms; 5 credits per season
- Santa Rosa City Schools – Athletic PE: Attendance & Performance Verified
- Los Gatos–Saratoga USD – Advanced PE via team sports

Successful Models Elsewhere

- Half Moon Bay High School
 - Students complete 1 year of school PE
 - Complete 1 season of school-sanctioned sport with coach signature
 - Earn 5 PE credits per full season completed

How they Make it Work

- To comply with CA PE standards, districts use systems like
- Athletic PE agreements (students + sign)
- Coach verification of:
 - Attendance
 - Participation
 - Season Completion
 - Fitness progress
- Athletic Director & Credentialed PE Teacher Oversight
- Enrollment in an “Athletic PE” course code for transcript tracking

Benefits for Our District

- Encourages students to participate in sports
- Reduces scheduling conflicts for our students
- Saves money on summer school PE programs
- Supports both physical and mental health
- Creates more room for other extracurriculars

Proposal

- Adopt a policy similar to Half Moon bay model or other California Schools to meet CA state requirements

The Need

- Freshmen are particularly impacted and want to start earning PE credits this school year
- Students are already planning schedules around sports and the PE requirement; delaying means they might have to take extra PE later or summer school
- Every student who has to take summer PE costs the district money
- Half Moon Bay and Berkeley district have implemented this successfully

Call to Action

- Aligns with the goals of physical education
- Backed by student interest
- Proven to work in other districts
- Benefits students and district financially and educationally
- **We urge the board to adopt this policy**

Thank You / Q&A