Physical Education & Activity

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The Board of Education recognizes the positive benefits of physical activity for student well-being 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 health and fitness.

Physical education classes shall be conducted in a coeducational, inclusive manner in accordance with law. The district shall provide instruction in physical education that provides equal access and equal opportunities for participation for all students in grades 1-12 regardless of gender, gender expression, sexual orientation, mental or physical disability, or any other protected status in accordance with Board Policy/Rule 5145.3 - Nondiscrimination/Harassment.

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 district's physical education program shall engage students in age-appropriate moderate to vigorous physical activity, as defined in the accompanying Board rule, including aerobic, muscle-strengthening, and bone-strengthening activities. 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.

For grades 9-12, the overall course of study shall include the effects of physical activity upon dynamic health, the mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythms and dance, team sports, and combatives.

The Board shall approve the courses in grades 9-12 for which physical education credit may be granted.

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

Upon written notification from a student's parent/guardian, or from the student if age 18 years of age or older, stating that the student is participating in religious fasting, the principal or designee shall grant a student an accommodation in connection with any physical activity component of a physical education course during the period of religious fasting. The student shall be provided alternative assignments or activities for the period the student is granted an accommodation.

The Superintendent or designee shall develop, adopt, and implement weather protocols that incorporate the standardized guidelines compiled by the California Department of Education and that include specific measures to be taken during extreme weather conditions. The adopted weather protocols shall be regularly reviewed, evaluated, and if necessary, updated in accordance with law.

During air pollution episodes, extreme weather, or other inclement conditions, physical education staff shall make appropriate adjustments to the program in accordance with the district's extreme weather protocols and/or shall seek alternative indoor space to enable students to participate in active physical education.

The Superintendent or designee may offer an alternate term schedule for grades 6-12 physical education courses in accordance with Education Code 51222 as specified in the accompanying Board rule.

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

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.

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, 7, and 9.

Temporary Exemptions
The Superintendent or designee may grant a temporary exemption from physical education under either of the following conditions:

1. The student is ill or injured and a modified program to meet the students' needs cannot be provided
2. The student is enrolled for one-half time or less

Two-Year Exemption
With a student's consent, the Superintendent or designee may exempt a student from physical education courses for any two years during grades 10-12 provided that the student has satisfactorily met any five of the six standards of the FITNESSGRAM in grade 9.

Upon request by students and/or their parents/guardians, the Superintendent or designee may administer the FITNESSGRAM to students in grades 10-12 who need to pass the test in order to qualify for a two-year exemption from physical education courses.

Students in grades 10-12 who have been granted a two-year exemption shall be offered a variety of elective physical education courses of not less than 400 minutes each 10 school days.

Such students shall not be permitted to attend fewer total hours of courses and classes than they would have attended if enrolled in a physical education course.

Permanent Exemption
The Superintendent or designee may grant a student a permanent exemption from physical education under any of the following conditions:

1. The student is age 16 years or older and has been in grade 10 for one or more academic years
2. The student is enrolled as a postgraduate student
3. The student is enrolled in a juvenile home, ranch, camp or forestry camp school with scheduled recreation and exercise

Students who have been granted a permanent exemption shall be offered a variety of elective physical education courses of not less than 400 minutes each 10 school days.

Other Exemptions
The Superintendent or designee may grant an exemption from physical education under the following special circumstances:

1. When the student in grades 10-12, is excused for up to 24 clock hours in order to participate in automobile driver training. However, any such student shall attend a minimum of 7,000 minutes of physical education instruction during the school year.

2. When the student in any of the grades 10-12, attends a regional occupational center or program, and, because of the travel time involved, would experience hardship to attend physical education courses. Any such student shall have a minimum school day of 180 minutes.

3. When the student is in high school and is engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours.

Policy Reference Disclaimer:
These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the Board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

Legal References:

STATE
CALIFORNIA CODE OF REGULATIONS
5 CCR 10060 Criteria for high school physical education programs
5 CCR 1040-1043.10 Physical performance test
5 CCR 1047-1048 Testing variations and accommodations
5 CCR 3051.5 Adapted physical education for individuals with exceptional needs
5 CCR 4600-4670 Uniform complaint procedures
5 CCR 4900-4965 Nondiscrimination in elementary and secondary educational programs receiving state or federal financial assistance
5 CCR 80020 Additional assignment authorizations for specific credentials
5 CCR 80037 Designated subjects teaching credential; special teaching authorization in physical education
5 CCR 80046.1 Added authorization to teach adapted physical education
EDUCATION CODE
220 Prohibition of discrimination
221.5 Equal opportunity
33126 School accountability report card
33350-33355 CDE responsibilities regarding physical education
35256 School Accountability Report Card
44250-44277 Credentials and assignment of teachers
49062 Student records
49066 Grades; change of grade; physical education grade
51210 Course of study for grades 1-6
51220 Course of study for grades 7-12
51222 Physical education; instructional minutes
51223 Physical education; elementary schools
51225.3 High school graduation requirements
51240.5 Physical education; accommodation for religious fasting
51241 Temporary two-year or permanent exemption from physical education

51242 Exemption from physical education for athletic program participants
52316 Excuse from attending physical education classes; regional occupational center/program
60800 Physical performance test

FEDERAL

UNITED STATES CODE
29 USC 794 Rehabilitation Act of 1973; Section 504
CODE OF FEDERAL REGULATIONS
34 CFR 106.33 Nondiscrimination on the basis of sex; comparable facilities
34 CFR 106.34 Nondiscrimination on the basis of sex; access to classes and schools
34 CFR 300.108 Assistance to states for the education of children with disabilities; physical education
UNITED STATES CODE
42 USC 1758b Local wellness policy

MANAGEMENT RESOURCES

ATTORNEY GENERAL OPINION
53 Ops.Cal.Atty.Gen. 230 (1970)
CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS
Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009
Physical Education Model Content Standards for California Public Schools, Kindergarten Through Grade 12, January 2005
CDC PUBLICATIONS
School Health Index (SHI): A Self-Assessment and Planning Guide, Middle/High School, 2017
School Health Index (SHI): A Self-Assessment and Planning Guide, Elementary School, 2017
COMMISSION ON TEACHER CREDENTIALING PUBLICATION
The Administrator's Assignment Manual, 2019
COURT DECISION
Doe v. Albany Unified School District (2010) 190 Cal.App.4th 668
CSBA PUBLICATIONS
Active Bodies, Active Minds: Physical Activity and Academic Achievement, Fact Sheet, February 2010
Maximizing Opportunities for Physical Activity During the School Day, Fact Sheet, November 2009
Maximizing Opportunities for Physical Activity Through Joint Use of Facilities, Policy Brief, February 2010
Moderate to Vigorous Physical Activity in Physical Education to Improve Health and Academic Outcomes, Fact Sheet, November 2009
Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
Physical Education and California Schools, Policy Brief, October 2007
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, 2012
U.S. DEPT. OF HEALTH & HUMAN SERVICES PUBLICATION
Physical Activity Guidelines for Americans, 2nd Edition, October 2018
WEBSITES
CSBA District and County Office of Education Legal Services https://legalservices.csba.org/#
California Project LEAN (Leaders Encouraging Activity and Nutrition) http://www.californiaprojectlean.org/
Healthy People 2010 http://www.healthypeople.gov/
President's Council on Sports, Fitness and Nutrition http://www.fitness.gov/
U.S. Department of Health and Human Services https://www.usa.gov/federal-agencies/u-s-department-of-health-and-human-services
National Association for Sport and Physical Education https://www.pgpedia.com/n/national-association-sport-and-physical-education
Commission on Teacher Credentialing http://www.ctc.ca.gov/
CSBA http://www.csba.org/
Centers for Disease Control and Prevention http://www.cdc.gov/
California Healthy Kids Resource Center http://www.ccrcca.org/resources/family-resource-directory/item/california-healthy-kids-resource-center
California Department of Education http://www.cde.ca.gov/

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