



SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item # 10.2

Meeting Date: January 8, 2015

Subject: **Approve Revision of Board Policy No. 6142.7 on Physical Education**

- ☐ Information Item Only
- ☐ Approval on Consent Agenda
- ☐ Conference (for discussion only)
- ☐ Conference/First Reading (Action Anticipated: _____)
- ☐ Conference/Action
- ☒ Action
- ☐ Public Hearing

Learning Support Unit/Department: Academic Office/ Physical Education Department

Recommendation: Approve proposed Board policy.

Background/Rationale: The current Board Policy No. 6142.7 Physical Education Instruction was last updated on May 20, 2004, one year before state standards were adopted. The California State Board of Education on January 12, 2005, adopted the *Physical Education Model Content Standards for California Public Schools, Kindergarten through grade Twelve*. In addition, the *Physical Education Framework for California Public Schools: Kindergarten through Grade Twelve* was adopted by the State Board of Education on September 11, 2008.

Sacramento City Unified School District (SCUSD) Board of Education adopted a revised Board Policy No. 5030 Student Wellness on September 6, 2012, which contains physical education information. At that time a revised Board Policy No. 6142.7 Physical Education Instruction was not brought forth. We, therefore, are bringing a revised Physical Education Instruction Policy that aligns with the state laws, requirements and standards.

Financial Considerations: Costs associated with implementation of the policy include funding for revisions to courses of study, acquisition of special teaching authorizations, and professional learning. Total annual costs are estimated to be \$65,000.

Documents Attached:

- Executive Summary
- Revised Board Policy No. 6142.7 Physical Education Instruction Policy – clean version
- Revised Board Policy No. 6142.7 Physical Education Instruction Policy – redlined version

Estimated Time of Presentation: 10 minutes

Submitted by: Iris Taylor, Assistant Superintendent for
Curriculum & Instruction

Approved by: José L. Banda, Superintendent

Board of Education Executive Summary
Academic Office: Revised Board Policy 6142.7
Physical Education Instruction
January 8, 2015



I. Overview

Sacramento City Unified School District (SCUSD) recognizes that physical education significantly contributes to students' well-being and to SCUSD's Strategic Plan; therefore, it is an integral part of our student's education experiences. High-quality physical education instruction contributes to good health, develops fundamental and advanced motor skills, improves students' self-confidence and provides opportunities for increased levels of physical fitness that are associated with high academic achievement.

The current Board Policy 6142.7 Physical Education Instruction was last updated on May 20, 2004, one year before state standards were adopted. The California State Board of Education on January 12, 2005, adopted the *Physical Education Model Content Standards for California Public Schools, Kindergarten Through Grade Twelve*. These standards focus on the content of physical education and incorporate the detail required to guide the development of consistent, high-quality physical education instructional programs aimed at students learning and achievement. The standards provide a comprehensive vision of what students need to know and be able to do at each grade level. In addition, the standards provide a model for high school course design. The *Physical Education Framework for California Public Schools: Kindergarten Through Grade Twelve*, was adopted by the State Board of Education on September 11, 2008 and serves as an essential resource for the development, implementation and evaluation of standards-based physical education programs and instruction.

SCUSD Board of Education adopted a revised Board Policy 5030 Student Wellness on September 6, 2012, which contains physical education information. The revisions to the Physical Education Instruction Policy are designed to bring the policy in-alignment with state adopted curricular standards and instructional framework and the District's Student Wellness Policy which reinforce the importance of physical education as a vital component of our students' educational experiences and its contribution to each student's health and well-being, social development, and readiness to learn. On August 15, 2013, the SCUSD Board of Education conducted the first reading of the revised policy.

II. Driving Governance

In schools across the United States, physical education has been substantially reduced in response to budget concerns and pressures to improve academic test scores. Yet the available evidence shows that children who are physically active and fit tend to perform better in the classroom and that daily physical education does not adversely affect academic performance. Schools can provide outstanding learning environments while improving children's health through physical education. The development of Physical Literacy, taught in Physical Education classes has far reaching implications, not only for students' lives, but for the communities in which they live, and for society as a whole. Physical Literacy achievement impacts students' school success, which, in turn, influences their future prospects for employment and quality of life. In addition with the changes in academic expectation as a result of the Common Core State Standards this becomes even more critical. The proposed revisions to the Physical

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Education Policy will provide the guidelines necessary to create the learning environments that support quality physical education instruction and learning.

III. Budget

The cost implications of the policy change relate to providing an array of options for students to meet the physical education course requirements for graduation. This encompasses costs associated with bringing the JROTC and marching band courses into compliance with the requirements outlined in CA Education Code including teacher certification, revisions to course of study content, and fitness testing requirements. Also included are costs for increasing the opportunities for students to take and pass the required physical fitness test and professional learning for teachers. The approximate annual cost is \$65,000.

IV. Goals, Objectives and Measures

To measure the impact and effectiveness of the Physical Education Instruction program, the Academic Office will use the Physical Education Mandates Report, the Physical Education Exemptions Report, the FitnessGram Test Results, surveys regarding the EPEC curriculum 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 education. These measures will serve as a barometer for success.

The Academic Office will assess the quality, effectiveness, and fidelity of the implementation of teaching and learning resources through the consistent review of curriculum content for alignment to standards, cognitive demand, accuracy, diversity, and relevance. The quality of instruction and professional development will be determined through observations of instruction and teacher reflection. Using multiple measures to further ensure validity, the Academic Office will also collect perception data through surveys, evaluations of professional development, and the work of the Physical Education Training Specialist. All results will be used to determine if program changes are warranted.

V. Major Initiatives

The proposed revisions to the Physical Education Policy outlined below are recommended as a result of the work of a Physical Education Steering Committee. This broad-based group of stakeholders comprised of district and site-based staff as well as community partners, reviewed best practices as outlined in the state standards and frameworks as well as those in similar urban school districts and incorporated language proposed by the California School Board Association (CSBA). Below we outline the major proposed changes to the policy.

Alignment to CA Physical Education Standards and Framework

The proposed revised policy is updated to include explicit alignment of the Physical Education program

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to the Physical Education standards and framework and the use of a standards aligned curriculum. The revisions also describe the overall course of study for Physical Education in grades 9-12.

Students with Disabilities

The revised policy addresses adaptations to the program to meet the needs of students with disabilities. Students with disabilities will be provided with physical education that is in alignment with their Individualized Education Plan (IEPs) and 504 plans.

Physical Education Minutes

The state of CA Education Code (EC) mandates minutes every ten days for physical education instruction (EC Section 51210(g), 51223, 51222(a)). The revised policy outlines the required minutes at each grade level, K-12, to provide guidance to school sites in scheduling their physical education programs.

Physical Fitness Testing

Annual Physical Fitness testing is required by the state of CA for grades 5, 7, and 9 (EC 60800). The revised policy includes the timeframe during which the testing will occur and what qualifies as passage of the physical fitness test. In addition, requirements for data reporting are outlined.

Exemptions (Temporary and Permanent)

The physical education policy has been revised regarding allowable exemptions from physical education courses, both temporary and permanent. There were no changes to the temporary exemptions in the previous physical education policy. The permanent exemptions have been modified as follows:

- The language in the athletic exemption (EC 51242) was modified to reflect updated language, specifically a shift from the use of the word interscholastic exemptions to athletic exemptions.
- The Two-Year Exemption (EC 51241[b][1]) now reflects changes in Ed Code such as clarity on what constitutes passing the physical fitness test (i.e. passing five of six components of the physical fitness test), which has been required since 2007. It also includes the opportunity to take additional high school elective Physical Education courses if students elect the two-year exemption or fail to pass the physical fitness test in accord with state requirements.
- The 12th grader exemption (EC 51246) was added as it is an allowable exemption that was not in previous Board policy.

Program Evaluation

The new policy includes a program evaluation component as advised by CSBA and utilized by other districts. The program evaluation component will allow the district to assess the impact of the physical education program.

Special Cases for Awarding Physical Education Credit for Non-Physical Education Courses

The state of CA allows districts to award physical education credit to courses other than Physical Education courses if the course meets requirements including those related to the provision of minimum instructional minutes for physical education, various reporting requirements, and the assignment of an appropriately credentialed teacher (EC 33352(b)).

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Marching Band

Awarding physical education credit for marching band is a local decision established by the local Governing Board. State requirements still apply and impact a district's ability to award physical education credit for marching band. These requirements include the following according to EC 3352(b)(7) and 5 CCR Section 10060):

- The course must be taught by a teacher with demonstrated subject matter competence in teaching physical education. Demonstrated subject matter competence is determined by a district established Committee on Special Assignments (EC 44258.7).
- The state required 400 minutes of physical education every 10 school days (EC 51222 (a)) is met within the context of the course.
- The course of study for the course outlines how the course meets the objectives and criteria of EC 33352 which lists the eight physical education content areas required for physical education program credit. These eight areas must be taught over a span of the physical education courses a student takes and are as follows: a) effects of physical activity upon dynamic health; b) mechanics of body movement; c) aquatics; d) gymnastics and tumbling; e) individual and dual sports; f) rhythms and dance; g) team sports; and h) combatives. Most students start Marching Band as a freshman and continue Marching Band all four years.
- Students must be administered the physical fitness testing (PFT) pursuant to EC 60800 and the results of the PFT are to be included as part of the school accountability report card.

Junior Reserve Officers Training Corps (JROTC)

Recently, CTC passed a special teaching authorization in Physical Education Designated Subjects Special Subjects in Reserve Officers Training Corps ROTC and Basic Military Drill (BMD). The local school board may approve to award PE credit for JROTC and BMD, however state requirements outlined below, still apply:

- The instructor giving PE credit for JROTC/BMD must meet the higher standard of subject matter competence by passing the CSET in PE or by completing an approved PE subject matter program.
- Holders of the Special Teaching Authorization would only be authorized to teach PE in the context of a JROTC or BMD course that has been approved by the local school board to award PE credit.
- JROTC/BMD courses provided must meet the Physical Education Content Standards for California Public Schools by the State Board of Education and the local governing board takes special action at a public meeting to grant PE credit for these courses.
- The state requires 400 minutes every 10 school days for physical education (Ed code 51222 (a)) at the secondary level.
- The course of study ensures compliance and must meet the objectives and criteria of EC Section 33352 (b)(7) with Title 5, of the California code of Regulations, Section 10060, which lists the eight physical education content areas required for physical education program credit. These eight areas are as follows: a) effects of physical activity upon dynamic health; b) mechanics of

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body movement; c) aquatics; d) gymnastics and tumbling; e) individual and dual sports; f) rhythms and dance; g) team sports; and h) combatives. The above eight areas must be taught over a span of the physical education courses a student takes.

- Student must be administered the physical fitness testing (PFT) pursuant to EC Section 608000 and the results of the PFT are to be included as part of the school accountability report card.

Physical Education Four-Year Sequence

The chart below outlines various four-year physical education sequences for high school students and displays the possible trajectories for students who pass the physical fitness test in ninth grade (row 1), students who do not pass the physical fitness test in 9th grade (row 2), and students who qualify for the athletic exemption (row 3). The chart outlines pathways based on students' qualifying for the various exemptions that are available as well as options for engaging in additional physical education courses beyond the requisite courses.

Physical Education Four-Year Sequence			
Grade 9	Grade 10	Grade 11	Grade 12
PE Course Freshmen PE, (Potentially also Marching Band, JROTC) Student Passes Physical Fitness Test	Two-Year Exemption		16 Years or Older Permanent Exemption
	OR		OR
	Additional PE Courses (Optional)		Physical Education Elective Course (optional)
PE Course (Freshmen PE) (Potentially also Marching Band, JROTC) Student Does NOT Pass Physical Fitness Test	Sophomore PE, (Required) (Potentially also Marching Band, JROTC)	16 Years or Older Permanent Exemption	
		OR	
		Physical Education Elective Courses (Optional)	
Athletic Exemption (PE Credit awarded for semesters student is involved in an interscholastic sport)	Athletic Exemption-In Interscholastic Sports	Athletic Exemption-In Interscholastic Sports	Athletic Exemption-In Interscholastic Sports
	OR	OR	OR
	Two-Year Exemption		16 Years or Older Permanent Exemption

VI. Results

Once approved, the district will assess the impact of the revised policy as outlined in the Goals, Objectives and Measures section of this document and will be able to report results.

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VII. Lessons Learned/Next Steps

Next steps include the following:

- Present the proposed revisions to the physical education policy in a second reading to the Board
- Once approved, re-convene the committee to draft administrative regulations for the policy to provide further guidance on policy implementation

Sacramento City USD

Board Policy

Physical Education

BP 6142.7

Instruction

The Board of Education recognizes the research and positive benefits of a quality physical education program on student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the District. All students in grades K-12 shall be provided opportunities 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. All students are expected to participate in the physical education program according to education code. The program will be modified for students with special needs. Opportunities for moderate to vigorous physical activity (MVPA) shall be provided through physical education classes. The district's physical education activities shall support the district's coordinated student wellness program and encourage students' lifelong fitness.

(cf. 5030 – Students Wellness)

(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)

The Superintendent or designee shall ensure that all students in grades K-12 receive the appropriate amount of high quality physical education required by the Education Code. The school district shall adopt the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve. The school district shall also implement the contents of the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve.

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 all students with equal opportunities for instruction and participation regardless of gender, race or disabilities in accordance with law.

(cf. 0410- Nondiscrimination in District Programs and Activities)

(cf. 6011 – Academic Standards)

(cf. 6143 – Courses of Study)

The Physical Education program will build interest and proficiency in movement skills, encourage students' lifelong fitness through physical activity, and will design and evaluate a strong, cohesive and comprehensive physical education program for all students. The Board of Education shall adopt the Exemplary Physical Education Curriculum (EPEC) for physical education which encompasses the California Content Standards for Physical Education and the National Physical Education Standards.

The District's program shall include a variety of kinesthetic activities including team and individual sports, life time sports and activities, gymnastics, as well as aesthetic movement forms, such as dance.

The overall course of study for grades 9-12 shall include the effects of physical activity upon human health, the mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythms and dance, team sports, and combative (EC 33352; 5 CCR 10060).

The Board shall approve the courses in grades 9-12 for which physical education credit may be granted. The Board, Superintendent and designee will comply with all state laws and guidelines when approving courses for physical education. Ninth graders must take Freshman Physical Education class lead by a credentialed physical education teacher. Independent study may be used to extend a student's education opportunities in physical education 10th-12th grade. Independent study may be used as an alternative instructional strategy, not an alternative curriculum nor as the exclusive means of course credit offerings for the physical education graduation requirement from a school as specified in the updated California Department of Education's *Independent Study Operations Manual*. Students follow the same course of study as the District Physical Education Courses and meet the same academic standards as classroom-based students. Independent study students must adhere to (EC sections 51222, 51225.3, 51241, and 60800 which requires all grade nine students to be tested in the state's physical performance test (FITNESSGRAM).

(cf. 6146.1 – *High School Graduation Requirements*)
(cf. 6146.11 – *Alternative Credits Toward Graduation*)
(cf. 6158 – *Independent Study*)

The District's Physical Education program shall engage students in MVPA, 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 MVPA that occurs during 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*)

1. Schools will provide instruction and facilities/equipment to ensure that all students have the opportunity to participate in daily physical education/physical activity.
2. Schools will meet or exceed the PE minutes requirements
 - a. 1-6 200 minutes every 10 days
 - b. 6-8 400 minutes every 10 days
 - c. K-8 200 minutes every 10 days
 - d. 9-12 400 minutes every 10 days

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

As per the California Association for Health, Physical Education, Recreation and Dance (CAHPERD) and the National Association for Sport and Physical Education (NASPE) recommendation, the District

shall make every effort to maintain the same ratio in Physical Education classes as exists for other classes in middle school and high school (CCR, Title 5, Section 10060).

Physical Fitness Testing

During the months of February, March, April, or May, students in grades 5, 7, and 9 will undergo the physical fitness testing designated by the State Board of Education (*EC 60800; 5 CCR 1041*).

Students with physical disabilities and students who are unable to participate in all of the testing tasks shall participate in as much of the physical fitness testing as their physical condition will permit. Summary information will be reported annually to physical education teachers and individual student reports of fitness will be distributed to parents twice a year (Once by October 30th and the final by June 1st). Results will also be included in each school's SACRC reporting

Tools to measure height, weight, heart rates and body composition may be made available to help students more accurately determine their health and fitness level.

Temporary Exemptions

The Superintendent or designee may grant a temporary exemption from physical education under either of the following conditions with the consent of the student: (*EC 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.

Permanent Exemptions

The Superintendent or designee may grant a permanent exemption from physical education to an **individual student** under any of the following condition: (*EC 51241*)

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

Two-Year Exemptions

With the **student's consent**, the Superintendent or designee may exempt a student from physical education courses for any two years any time during grades 10-12, inclusive, **if the student has**

satisfactorily met at least five of the six standards of the state's physical fitness test in grade 9. (EC 51241)

Upon request by students and/or their parents/guardians, the Superintendent or designee may administer the physical fitness test 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.

The District Board of Education opted to exempt students from two of the four years of physical education pursuant to *paragraph (1) or (2) or both of subdivision (b) of EC section 51241*. By exempting students from the additional two years of physical education classes, District high schools are to offer for those exempted students a variety of physical education elective courses (EC 51222(b)). These courses are offered to provide students with the opportunity to specialize in activities of their own choosing. Following a specific regimen and honing their skills, students are then able to develop a personalized plan to ensure a lifetime of fitness and physical activity. (*Physical Education Framework for California Public Schools, Kindergarten through Grade Twelve*, page 48)

The Superintendent or designee may excuse any student in grade 10, 11 or 12 who attends a regional occupational center or program from attending physical education courses if such attendance results in hardship because of the travel time involved. (Education Code 52316)

Athletics Exemption

The Superintendent or designee may exempt students from physical education when they are participating in interscholastic athletic programs which entail comparable amounts of time and physical activity, provided their physical education, in its entirety, meets the district's curriculum standards.

(cf. 6145.2 – *Athletic Competition*)

(cf. 6146.11 - *Alternative Credits Toward Graduation*)

12th Grader Exemption

Under EC Section 512466 the District Board of Education may exempt any pupil enrolled in his or her last semester or quarter, as the case may be, of the 12th grade who, pursuant to EC 46145 (minimum required courses per semester or quarter and EC 46147 (exemption for certain 12th grade students to attend less than the minimum school day), is permitted to attend school less than 240 or 180 minutes per day, from attending courses of physical education (EC 51246). However, that such pupil may not be exempted pursuant to this section from attending courses of physical education if such pupil would, after such exemption, attend school for 240 minutes or more per day.

Weather

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. 3514 – *Environmental Safety*)

(cf. 3516 – *Emergencies and Disaster Preparedness Plan*)

(cf. 514.7 – Sun Safety)

Special Care

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. Any dispute concerning such a condition shall be submitted to the principal or designee, who may make appropriate inquiries consistent with state and federal law. An appropriate alternative activity shall be provided for these students.

(cf. 6164.6 - Identification and Education under Section 504)

Staffing

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)

Program Evaluation

The Superintendent or designees 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, the schools in compliance with the PE mandated minutes, the number of two-year and permanent exemptions granted pursuant to Education Code 51241, 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 and physical education.

(cf. 0500 – Accountability)

(cf. 6190 – Evaluation of the Instructional Program)

Legal Reference:

EDUCATION CODE

33126 School accountability report card

33350-33354 CDE responsibility re: physical education

35256 School accountability report card

49066 Grades; physical education class

51210 Course of study, grades 1-6

51220 Course of study, grades 7-12

51222 Physical education

51223 Physical education, elementary schools

51241 Temporary, two-year or permanent exemptions from physical education

51242 Exemption from physical education for athletic program participants

60800 Physical performance test

CODE OF REGULATIONS, TITLE 5

1040-1048 Physical performance test

3051.5 Adapted physical education for individuals with exceptional needs

10060 Criteria for high school physical education programs

UNITED STATES CODE, TITLE 29

794 Rehabilitation Act of 1973, Section 504

UNITED STATES CODE, TITLE 42

1751 Note Local wellness policy

ATTORNEY GENERAL OPINIONS

53 Ops. Cal. Atty. Gen. 230 (1970)

Management Resources:

CSBA PUBLICATIONS

Active Bodies, Active Minds: Physical Activity and Academic Achievement, Fact Sheet, February 2010

Maximizing Opportunities for Physical Activity Through Joint Use of Facilities, Policy Brief, rev. February 2010

Maximizing Opportunities for Physical Activity During the School Day, Fact Sheet, November 2009

Moderate to Vigorous Physical Activity in Physical Education to Improve Health and Academic Outcomes, Fact Sheet, November 2009

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

Physical Education and California Schools, Policy Brief, rev. October 2007

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

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

Adapted Physical Education Guidelines for California Schools, 2003

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2000

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES PUBLICATINOS

2008 Physical Activity Guidelines for Americans, October 2008

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Physical Fitness Testing: <http://www.cde.ca.gov/ta/tg/pf>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

Educational Data System, California physical fitness: <http://www.eddata.com/projects/current/cpf>

Healthy People 2010: <http://www.healthypeople.gov>

National Association for Sport and Physical Education <http://www.aahperd.org/naspe>

President's Council on Physical Fitness and Sports: <http://www.fitness.gov>

The California Endowment: <http://www.calendow.org>

U.S. Department of Health and Human Services: <http://www.health.gov>

Policy SACRAMENTO CITY UNIFIED SCHOOL DISTRICT

adopted: November 16, 1998 Sacramento, California

Revised: May 20, 2004 Sacramento, California

Revised: 2013 Sacramento, California

Sacramento City USD

Board Policy

Physical Education

BP 6142.7
Instruction

The Board of Education recognizes the research and positive benefits of a quality physical education program on student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the District. All students in grades K-12 shall be provided opportunities 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. All students are expected to participate in the physical education program according to education code. The program will be modified for students with special needs. Opportunities for moderate to vigorous physical activity (MVPA) shall be provided through physical education classes. The district's physical education activities shall support the district's coordinated student wellness program and encourage students' lifelong fitness.

~~The Governing Board desires to provide a physical education program which builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. All students are expected to participate in the physical education program according to education code. The program will be modified for students with special needs. Besides promoting high levels of personal achievement and a positive self image, physical education activities should teach students how to cooperate in the achievement of common goals.~~

(cf. 5030 – Students Wellness)

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

(cf. 6142.8 - Comprehensive Health Education)

(cf. 6145.2 - Athletic Competition)

(cf. 6145.21 - Sportsmanship)

(cf. 6146.1 - High School Graduation Requirements)

The Board shall approve the components of the physical education program.

(cf. 6143 - Courses of Study)

(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. Any dispute concerning such a condition shall be submitted to the principal or designee, who may make appropriate inquiries consistent with state and federal law. An appropriate alternative activity shall be provided for these students.~~

~~(cf. 6164.6 - Identification and Education under Section 504)~~

Comment [HD1]: This has been stricken to add updated language from CSBA, PE Framework and PE content standards. Hence the new writing above.

Comment [HD2]: The student wellness policy links to this policy. This is why we added this here.

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Comment [HD3]: On GAMUT this policy name has changed to Athletic Competition. (Consistency)

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Comment [HD4]: This has been stricken and moved to the later half of this policy.

Proposed Revision Board Policy

~~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)~~

The Superintendent or designee shall ensure that all students in grades K-12 receive the appropriate amount of high quality physical education required by the Education Code. The school district shall adopt the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve. The school district shall also implement the contents of the Physical Education Education Framework for California Public Schools Kindergarten through Grade Twelve. 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 all students with equal opportunities for instruction and participation regardless of gender, race or disabilities in accordance with law.

(cf. 0410- Nondiscrimination in District Programs and Activities)

(cf. 6011 – Academic Standards)

(cf. 6143 – Courses of Study)

The Physical Education program will build interest and proficiency in movement skills, encourage students' lifelong fitness through physical activity, and will design and evaluate a strong, cohesive and comprehensive physical education program for all students. The Board of Education shall adopt the Exemplary Physical Education Curriculum (EPEC) for physical education which encompasses the California Content Standards for Physical Education and the National Physical Education Standards. The District's program shall include a variety of kinesthetic activities including team and individual sports, life time sports and activities, gymnastics, as well as aesthetic movement forms, such as dance.

The overall course of study for grades 9-12 shall include the effects of physical activity upon human health, the mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythms and dance, team sports, and combative (EC 33352; 5 CCR 10060).

The Board shall approve the courses in grades 9-12 for which physical education credit may be granted. The Board, Superintendent and designee will comply with all state laws and guidelines when approving courses for physical education. Ninth graders must take Freshman Physical Education class lead by a credentialed physical education teacher. Independent study may be used to extend a student's education opportunities in physical education 10th-12th grade. Independent study may be used as an alternative instructional strategy, not an alternative curriculum nor as the exclusive means of course credit offerings for the physical education graduation requirement from a school as specified in the updated California Department of Education's *Independent Study Operations Manual*. Students follow the same course of study as the District Physical Education Courses and meet the same same academic standards as classroom-based students. Independent study students must adhere to *(EC sections 51222, 51225.3, 51241, and 60800* which requires all grade nine students to be tested in the state's physical performance test (FITNESSGRAM).

(cf. 6146.1 – High School Graduation Requirements)

(cf. 6146.11 – Alternative Credits Toward Graduation)

(cf. 6158 – Independent Study)

Comment [HD5]: The last PE policy was updated in 2004 before the state model content standards. Standards came out in 2005.

Comment [HD6]: CSBA language

Comment [HD7]: Independent Study Operations Manual Ch. 11 and CDE FAQs – Physical Education (Independent Study)

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Comment [HD8]: Ed Code 51745 (Last sentence of the ed code also found in our AR's for Independent Study 6158

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Proposed Revision Board Policy

The District's Physical Education program shall engage students in MVPA, 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 MVPA that occurs during the physical education instructional program.

Comment [HD9]: CSBA language

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

Comment [HD10]: CSBA

(cf. 6159- - Individualized Education Program)

(cf. 6164.6 – Identification and Education Under Section 504)

1. Schools will provide instruction and facilities/equipment to ensure that all students have the opportunity to participate in daily physical education/physical activity.
2. Schools will meet or exceed the PE minutes requirements
 - a. 1-6 200 minutes every 10 days
 - b. 6-8 400 minutes every 10 days
 - c. K-8 200 minutes every 10 days
 - d. 9-12 400 minutes every 10 days

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

As per the California Association for Health, Physical Education, Recreation and Dance (CAHPERD) and the National Association for Sport and Physical Education (NASPE) recommendation, the District shall make every effort to maintain the same ratio in Physical Education classes as exists for other core classes in middle school and high school (CCR, Title 5, Section 10060).

Physical Fitness Testing

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During the months of February, March, April, or May, students in grades 5, 7, and 9 will undergo the physical fitness testing designated by the State Board of Education (EC 60800; 5 CCR 1041).

Comment [HD11]: CSBA Language and Ed Code

Students with physical disabilities and students who are unable to participate in all of the testing tasks shall participate in as much of the physical fitness testing as their physical condition will permit. Summary information will be reported annually to physical education teachers and individual student reports of fitness will be distributed to parents twice a year (Once by October 30th and the final by June 1st). Results will also be included in each school's SACRC reporting.

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Comment [HD12]: This is something we added due to the content standards and teachers should be taking a baseline to show student growth.

Tools to measure height, weight, heart rates and body composition may be made available to help students more accurately determine their health and fitness level.

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Temporary Exemptions

Comment [HD13]: CSBA language

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Proposed Revision Board Policy

The Superintendent or designee may grant a temporary exemption from physical education under either of the following conditions with the consent of the student; (EC 51241)

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Exemptions

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)

Comment [HD14]: Wording is just reformatted above. We are not deleting this section

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.

Permanent Exemptions

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The Superintendent or designee may grant a permanent exemption from physical education to an individual student under any of the following condition: (EC 51241)

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The Superintendent or designee may grant permanent exemptions from physical education for a student who is either: (Education Code 51241)

Comment [HD15]: Not deleting completely, just rewording see above.

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

Comment [HD16]: We agreed to take this out. See email from Iris to Heather on 7/29 @ 7:45am.

Comment [S17]: We determined that this should remain after advice from CDE during 2014-15 FPM Process.

Comment [S18]: We determined that this should remain after advice from CDE during 2014-15 FPM Process

Comment [HD19]: We agreed in our meeting to take this out because if the student is postgraduate they have completed their physical education requirements for graduation.

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Comment [HD20]: CSBA and Ed Code

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Comment [HD21]: CSBA

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Comment [HD22]: Ed Code, CDE PE FAQ, PE Framework

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Two-Year Exemptions

With the student's consent, the Superintendent or designee may exempt a student from physical education courses for any two years any time during grades 10-12, inclusive, if the student has satisfactorily met at least five of the six standards of the state's physical fitness test in grade 9. (EC 51241)

Upon request by students and/or their parents/guardians, the Superintendent or designee may administer the physical fitness test 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.

The District Board of Education opted to exempt students from two of the four years of physical education pursuant to paragraph (1) or (2) or both of subdivision (b) of EC section 51241. By exempting students from the additional two years of physical education classes, District high schools are to offer for those exempted students a variety of physical education elective courses (EC 51222(b)). These courses are offered to provide students with the opportunity to specialize in activities of their own choosing. Following a specific regimen and honing their skills, students are then able to develop a personalized plan to ensure a lifetime of fitness and physical activity. (Physical Education Framework for California Public Schools, Kindergarten through Grade Twelve, page 48)

Proposed Revision Board Policy

~~The Superintendent or designee may exempt students, with their consent, from any two years of physical education courses during grades 10 through 12 pursuant to Education Code 51241, provided the student has passed the physical performance test administered in grade 9 pursuant to Education Code 60800. (Education Code 51241)~~

Comment [HD23]: This language has been updated in ED Code. The language above reflects the updated language.

The Superintendent or designee may excuse any student in grade 10, 11 or 12 who attends a regional occupational center or program from attending physical education courses if such attendance results in hardship because of the travel time involved. (Education Code 52316)

Comment [HD24]: These students are covered under the Independent Study. It is the recommendation of the PE steering committee to remove this. We are not limiting students choices by removing this.

Athletics Exemption

The Superintendent or designee may exempt students from physical education when they are participating in interscholastic athletic programs which entail comparable amounts of time and physical activity, provided their physical education, in its entirety, meets the district's curriculum standards.

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Comment [HD25]: This is original wording from our current PE Policy.

~~(cf. 6145.2 – Athletic Competition)~~

~~(cf. 6145.2 – Interscholastic Competition)~~

~~(cf. 6146.11 – Alternative Credits Toward Graduation)~~

Comment [HD26]: On GAMUT this policy name has changed to Athletic Competition. (Consistency)

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12th Grader Exemption

~~Under EC Section 512466 the District Board of Education may exempt any pupil enrolled in his or her last last semester or quarter, as the case may be, of the 12th grade who, pursuant to EC 46145 (minimum required courses per semester or quarter and EC 46147 (exemption for certain 12th grade students to attend attend less than the minimum school day), is permitted to attend school less than 240or 180 minutes per day, day, from attending courses of physical education (EC 51246). However, that such pupil may not be exempted pursuant to this section from attending courses of physical education if such pupil would, after such exemption, attend school for 240 minutes or more per day.~~

Comment [HD27]: Ed code and we discussed this during our meeting to add into the policy.

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Weather

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. 3514 – Environmental Safety)

(cf. 3516 – Emergencies and Disaster Preparedness Plan)

(cf. 514.7 – Sun Safety)

Comment [HD28]: Copied from first page of original policy

Special Care

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. Any dispute concerning such a condition shall be submitted to the principal or designee, who may make appropriate inquiries consistent with state and federal law. An appropriate alternative activity shall be provided for these students.

(cf. 6164.6 - Identification and Education under Section 504)

Staffing

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Proposed Revision Board Policy

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.

Comment [HD29]: CSBA language

(cf. 4131 – Staff Development)

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

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Program Evaluation

The Superintendent or designees 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, the schools in compliance with the PE mandated minutes, the number of two-year and permanent exemptions granted pursuant to Education Code 51241, 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 and physical education.

Comment [HD30]: CSBA Language with one addition at the end of the sentence I added physical education, since this is different than physical activity.

(cf. 0500 – Accountability)

(cf. 6190 – Evaluation of the Instructional Program)

Legal Reference:

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EDUCATION CODE

33126 School accountability report card

33350-33354 CDE responsibility re: physical education

35256 School accountability report card

49066 Grades: physical education class

51210 Course of study, grades 1-6

51220 Course of study, grades 7-12

51222 Physical education

51223 Physical education, elementary schools

51241 Temporary, two-year or permanent exemptions from physical education

51242 Exemption from physical education for athletic program participants

60800 Physical performance test

CODE OF REGULATIONS, TITLE 5

Proposed Revision Board Policy

1040-1048 Physical performance test

3051.5 Adapted physical education for individuals with exceptional needs

10060 Criteria for high school physical education programs

UNITED STATES CODE, TITLE 29

794 Rehabilitation Act of 1973, Section 504

UNITED STATES CODE, TITLE 42

1751 Note Local wellness policy

ATTORNEY GENERAL OPINIONS

53 Ops. Cal. Atty. Gen. 230 (1970)

Management Resources:

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Active Bodies, Active Minds: Physical Activity and Academic Achievement, Fact Sheet, February 2010

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Maximizing Opportunities for Physical Activity Through Joint Use of Facilities, Policy Brief, rev. February 2010

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Maximizing Opportunities for Physical Activity During the School Day, Fact Sheet, November 2009

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Moderate to Vigorous Physical Activity in Physical Education to Improve Health and Academic Outcomes, Fact Sheet, November 2009

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Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

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Physical Education and California Schools, Policy Brief, rev. October 2007

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Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007

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Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

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CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

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Physical Education Framework for California Public Schools: Kindergarten Through Grade 12, 2009

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Physical Education Model Content Standards for California Public Schools: Kindergarten Through Grade 12, January 2005

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Proposed Revision Board Policy

Adapted Physical Education Guidelines for California Schools, 2003

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CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

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School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2000

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES PUBLICATINOS

2008 Physical Activity Guidelines for Americans, October 2008

WEB SITES

CSBA: <http://www.csba.org>

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California Department of Education, Physical Fitness Testing: <http://www.cde.ca.gov/ta/tg/pf>

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California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

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California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

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Centers for Disease Control and Prevention: <http://www.cdc.gov>

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Educational Data System, California physical fitness: <http://www.eddata.com/projects/current/cpf>

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Healthy People 2010: <http://www.healthypeople.gov>

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National Association for Sport and Physical Education <http://www.aahperd.org/naspe>

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President's Council on Physical Fitness and Sports: <http://www.fitness.gov>

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The California Endowment: <http://www.calendow.org>

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U.S. Department of Health and Human Services: <http://www.health.gov>

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Policy SACRAMENTO CITY UNIFIED SCHOOL DISTRICT

adopted: November 16, 1998 Sacramento, California

Revised: May 20, 2004 Sacramento, California

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Revised: 2013 Sacramento, California

Legal Reference:

EDUCATION CODE

33350—CDE responsibilities re: physical education

49066—Grades; physical education class

~~51210—Course of study, grades 1-6
51220—Course of study, grades 7-12
51222—Physical education
51223—Physical education, elementary schools
51241—Temporary or permanent exemption from physical education
51242—Exemption from physical education for athletic program participants
52316—Excuse from attending physical education classes
60800—Physical performance test
CODE OF REGULATIONS, TITLE 5
1041-1046—Physical performance test
3051.5—Adapted physical education for individuals with exceptional needs
10060—Criteria for high school physical education programs
UNITED STATES CODE, TITLE 29
794—Rehabilitation Act of 1973, Section 504
ATTORNEY GENERAL OPINIONS
53 Ops. Cal. Atty. Gen. 230 (1970)~~

Management Resources:

CSBA PUBLICATIONS

Healthy Food Policy Resource Guide, 2003

CDE PUBLICATIONS

Physical Education Framework for California Public Schools: Kindergarten Through Grade 12, 1996

CDE PROGRAM ADVISORIES

0418.89 Physical Education, April 18, 1989

CDHS PUBLICATIONS

Jump Start Teens, 1997

Playing the Policy Game, 1999

School Idea and Resource Mini-Kit, 2000

CDC PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating:—A Self Assessment and Planning Guide for Elementary and Middle/High Schools, 2000

NASBE PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

WEB SITES

CSBA:—<http://www.esba.org>

CDE, Nutrition Services Division/SHAPE California: <http://www.cde.ca.gov/nsd>

CDHS, School Health Connections: <http://www.mch.dhs.ca.gov/programs/she/she.htm>

California Project LEAN (Leaders Encouraging Activity and Nutrition):—

<http://www.californiaprojectlean.org>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

National School Boards Association: <http://www.schoolhealth@nsba.org>

National Association of State Boards of Education (NASBE): <http://www.boards@nasbe.org>

Centers for Disease Control and Prevention (CDC):<http://www.cdc.gov>

Proposed Revision Board Policy←

~~Policy SACRAMENTO CITY UNIFIED SCHOOL DISTRICT~~
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