



# SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 9.3

**Meeting Date:** August 15, 2013

**Subject:** **Approval of Revised Board Policy No. 6142.7 on Physical Education**

- ☐ Information Item Only
- ☐ Approval on Consent Agenda
- ☐ Conference (for discussion only)
- ☒ Conference/First Reading (Action Anticipated: September 5, 2013)
- ☐ Conference/Action
- ☐ Action
- ☐ Public Hearing

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

**Recommendation:** The Sacramento Board of Education is requested to approve the Revised Board Policy No. 6142.7 on Physical Education. The revision before you will bring our policies in-line with state adoptions that reinforce the importance of physical education as a vital component of our student's educational experience and its contribution to each student's health and well-being, social development and readiness to learn.

**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*. 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. Next, the *Physical Education Framework for California Public Schools: Kindergarten Through Grade Twelve*, was adopted by the State Board of Education on September 11, 2008. The Framework is an essential resource for the development, implementation and evaluation of standards-based physical education programs and instruction.

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:** N/A

**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:** 5 minutes

**Submitted by:** Olivine Roberts, Chief Academic Officer  
Iris Taylor, Assistant Superintendent for  
Curriculum & Instruction

**Approved by:** Jonathan P. Raymond, Superintendent

# Board of Education Executive Summary

## Academic Office

Revised Board Policy 6142.7 Physical Education Instruction Date of August 15, 2013



### I. OVERVIEW / HISTORY

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 experience. 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. It is the goal of physical education to develop physically literate individuals who have the psychomotor, cognitive, and affective skills to adopt a physically active lifestyle, benefitting the healthy development of the whole person. "The *Physical Education Model Content Standards for California Public Schools, Kindergarten Through grade Twelve* affirms the standing of physical education; rigor is essential to achievement, and participation is not the same as education" quoted from State Superintendent of Public Instruction.

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. Next, the *Physical Education Framework for California Public Schools: Kindergarten Through Grade Twelve*, was adopted by the State Board of Education on September 11, 2008. The Framework is 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 student's educational experience and its contribution to each student's health and well-being, social development, and readiness to learn.

### 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. (Active living research brief summer 2009). The Physical literacy achievement, 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

# Board of Education Executive Summary

## Academic Office

Revised Board Policy 6142.7 Physical Education Instruction Date of August 15, 2013



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

### III. BUDGET

This policy change does not have any new budget implications, however, the physical education program continues to be supported through the use of local funding and a grant from The California Endowment.

### 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

SCUSD has made tremendous progress with the implementation of strategies to build an effective and comprehensive Physical Education Program. With the grant from The California Endowment, the district has achieved several milestones. More than 30 sites have been visited and direct support provided to PE teachers. Support ranges from curriculum and lesson planning to assessment and classroom management assistance. Principals who have requested support have received a Physical Education Instructional Coaching Tool, so they can support their PE teachers in teaching standards based physical education. In addition, a Physical Education page on the District website has been created and a PE newsletter is sent to all physical education teachers, Cabinet members, Area Assistant Superintendents, and the Board of Education.

# Board of Education Executive Summary

## Academic Office

Revised Board Policy 6142.7 Physical Education Instruction Date of  
August 15, 2013



**Get Fit:** During the 2011-2012 school year, SCUSD partnered with the California Endowment, and the Sacramento Kings to provide the Get Fit program to students at three schools in the 5<sup>th</sup>, 7<sup>th</sup>, and 9<sup>th</sup> grades. These schools were Earl Warren Elementary, Will C. Wood Middle and Hiram Johnson High School. These students were taught the importance of implementing and maintaining good physical fitness habits, as well as healthier eating lifestyles. During this program, students received many benefits including improvement in physical fitness outcomes based on the FITNESSGRAM testing standards.

Since 2012, the SCUSD has created a Tier 2 Get Fit program. This program allows all schools to receive some of the Get Fit Benefits. The program call for schools to convene a School Wellness Council, participate in the Healthy Schools Program from the Alliance for Healthier Generation, conduct a Family Fitness night, and demonstrate proper use of the Exemplary Physical Education Curriculum (EPEC). Once schools meet all requirements, they may earn one or more rewards such as: Get Fit Assembly or Rally, Kings T-shirts or Basketballs, Kings players appearance at their Family Fitness Night, Fitnessgram recognition tour to Power Balance Pavillion, Kings Tickets.

## VI. RESULTS

The District's strategies to implement a quality physical education program has yielded the following accomplishments and results:

- Increase in new programs to facilitate and promote physical education and activities such as BOKS (Building Our Kids Success) before school programming, Physical Education-STEM (Physical Education – Science, Technology, Engineering and Math) "Burn it in 30" class project, and HealthCorps University.
- Implementation of a Sports Careers and Wellness Academy at Rosemont High School in the 2013-2014 school year.
- Expanded capacity of teacher leaders to provide professional learning opportunities for physical education teachers.
- Increase in the number of professional learning opportunities specifically for physical education by 32%. Sessions focused on teaching the CA Physical Education Content Standards. Teachers reported an increase in use of appropriate instructional strategies and student engagement and learning.
- Coaching tools and teacher reflection protocols have been developed to support principals and teachers with instruction.

Rise in the number of schools hosting Family Fitness Nights (from 3 schools in 2011-12 to 10 schools during the 2012-2013 school year).

# Board of Education Executive Summary

## Academic Office

Revised Board Policy 6142.7 Physical Education Instruction Date of  
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### VII. LESSONS LEARNED / NEXT STEPS

- Disseminate the revised Board Policy 6142.7 Physical Education Instruction to ensure principals, staff, students and families are aware of their rights and responsibilities regarding Physical Education.
- Support and coach principals and teachers to ensure implementation of quality physical education programs.
- Provide on-going training for staff to assist schools in achieving high-quality, standards-based physical education instruction with the use of CA State Physical Education Content Standards, Common Core State Standards and 21<sup>st</sup> Century Skills to prepare every student for a lifetime of physical activity, health and well-being.
- Continue to support the work of the SCUSD Physical Education Initiative and Get Fit Program.
- Develop and disseminate the Physical Education Instruction Administrative Regulations.

# 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 shall approve adoption of a standards-based curriculum which aligns to 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 approving courses for physical education. Ninth graders must take Freshman Physical Education lead by a credentialed physical education teacher.

*(cf. 6146.1 – High School Graduation Requirements)*

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 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.

### **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. Pupils shall be provided with their individual results after completing the physical performance testing. The test results may be provided orally as the pupil completes the testing. Results will also be included in each school's School Accountability Report Card required by Sections 33126 and 35256.



## **Exemptions**

### **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

### **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)*

### **12<sup>th</sup> 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 12<sup>th</sup> grade who, pursuant to *EC 46145* (minimum required courses per semester or quarter and *EC 46147* (exemption for certain 12<sup>th</sup> 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 opportunities to participate in continuing professional development 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

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<sup>[HD1]</sup> 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<sup>[Wellness]</sup><sup>[HD2]</sup>)~~

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

~~(cf. 6142.8 - Comprehensive Health Education)~~

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

~~(cf. 6145.21 – Sportsmanship<sup>[HD3]</sup>)~~

~~(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)<sup>[HD4]</sup>~~

~~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)~~

~~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<sup>[HD5]</sup> 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 shall approve adoption of a standards-based curriculum which aligns to 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<sup>[HD6]</sup> 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.

(cf. 6146.1 – High School Graduation Requirements)

The<sup>[HD7]</sup> 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<sup>[HD8]</sup> 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.

### **Physical Fitness Testing**

During<sup>[HD9]</sup> 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. Pupils shall be provided with their individual results after completing the physical performance testing. The test results may be provided orally as the pupil completes the testing.  
<sup>[HD10]</sup>Results will also be included in each school's School Accountability Report Card required by Sections 33126 and 35256.

### **Exemptions**

#### **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)

#### **Exemptions**

~~With<sup>[HD11]</sup> 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.

#### **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)



~~The<sup>[HD12]</sup> Superintendent or designee may grant permanent exemptions from physical education for a student who is either: (Education Code 51241)~~

~~1. Age 16 years or older and has been in grade 10 for one or more academic years<sup>[HD13]</sup>~~

~~2. Enrolled as a postgraduate student<sup>[HD14]</sup>~~

~~32. Enrolled in a juvenile home, ranch, camp or forestry camp school with recreation and exercise scheduled~~

### **Two-Year Exemptions**

~~With<sup>[HD15]</sup> 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<sup>[HD16]</sup> 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<sup>[HD17]</sup> 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<sup>[HD18]</sup> 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)~~

~~The<sup>[HD19]</sup> 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<sup>[HD20]</sup> 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<sup>[HD21]</sup>)~~

~~(cf. 6145.2 – Interscholastic Competition)~~  
~~(cf. 6146.11 - Alternative Credits Toward Graduation)~~

### **12<sup>th</sup> Grader Exemption**

~~Under [HD22] 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 12<sup>th</sup> grade who, pursuant to EC 46145 (minimum required courses per semester or quarter and EC 46147 (exemption for certain 12<sup>th</sup> 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 [HD23] 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 [HD24] district shall provide physical education teachers with opportunities to participate in continuing professional development, (such as classroom management, instructional strategies designed to keep students engaged and active) to enhance the quality of physical education instruction and assessment.~~

~~(cf. 4131 – Staff Development)~~  
~~(cf. 5121 – Grades/ Evaluation of Student Achievement)~~

### **Program Evaluation**

~~The [HD25] 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 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

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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:~~

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~~Healthy Food Policy Resource Guide, 2003~~

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

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~~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>~~

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