PHYSICAL EDUCATION

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement. The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. 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. 5121 - Grades/Evaluation of Student Achievement)
(cf. 6142.8 - Comprehensive Health Education)
(cf. 6145.2 - Athletic Competition)
(cf. 6146.1 - High School Graduation Requirements)
(cf. 6190 - Evaluation of the Instructional Program)

The Board shall approve the components of the physical education program. The district's program shall include a variety of kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance.

(cf. 6143 - Courses of Study)

An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion.

(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)

Exemptions

The Superintendent or designee may grant temporary exemption from physical education under any of the following conditions:

1. The student is ill or injured and a modified program to meet his/her needs cannot be provided. (Education Code 51241)

2. The student is enrolled for one-half time or less. (Education Code 51241)

3. The student in grades 10-12 is excused for up to 24 clock hours in order to participate in automobile driver training. (Education Code 51222)

PHYSICAL EDUCATION (continued)

The Superintendent or designee may exempt students, with their consent, from any two years of physical education courses during grades 10-12. (Education Code 51241)

The Superintendent or designee may excuse any student in grades 10-12 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)

The Superintendent or designee may exempt a high school student from physical education if he/she is engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours**. Students who pass the Physical Fitness Test (PFT) in grade 9 and participate in at least three seasons in total of sports in grades 10, 11, and/or 12 may be exempted from physical education.** (Education Code 51242)

(cf. 6145.2 - Athletic Competition)
(cf. 6146.11 - Alternative Credits Toward Graduation)

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

1. Age 16 years or older and has been enrolled 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 scheduled recreation and exercise.

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

PHYSICAL EDUCATION (continued)

Legal Reference (continued)

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.csba.org
CDE, Nutrition Services Division/SHAPE California: http://www.cde.ca.gov/nsd
CDHS, School Health Connections: http://www.mch.dhs.ca.gov/programs/ shc/shc.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

Policy **SAN LEANDRO UNIFIED SCHOOL DISTRICT**
adopted: July 18, 2006 San Leandro, California
Board Approval: October 16, 2012

PHYSICAL EDUCATION

Instruction in physical education shall be provided for a total period of time of not less than 200 minutes each 10 school days for students in grades 1-6 and not less than 400 minutes each 10 school days for students in grades 7-12. (Education Code 51210, 51222)

Students who pass the Physical Fitness Test (PFT) in grade 9 and participate in at least three seasons in total of sports in grades 10, 11, and/or 12 may be exempted from physical education. Students in grades 10-12 who are exempted from physical education pursuant to Education Code 51241(b)(1) or (c) shall not be permitted to attend fewer total hours of courses and classes than they would have attended if enrolled in a physical education course. Students in a regional occupational program or center who are exempted from physical education pursuant to Education Code 52316 shall have a minimum school day of 180 minutes. (Education Code 51241, 52316)

Physical Fitness Testing

During the month of February, March, April or May, students in grades 5, 7 and 9 shall undergo the physical fitness testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to take all of the test shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

(cf. 6162.5 - Student Assessment)

Students shall be provided with their individual results after completing the physical fitness testing. The test results may be provided orally as the student completes the testing. (Education Code 60800)

Each student's scores on the physical fitness test shall be included in his/her cumulative record. (5 CCR 1044)

(cf. 5125 - Student Records)