

PHYSICAL EDUCATION

The Governing Board recognizes the positive benefits of physical activity on student health and academic achievement. The Board desires to provide a physical education program that supports the district's coordinated student wellness program, provides an adequate amount of moderate to vigorous physical activity, 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.

The Board shall approve the components of the physical education program. The district's program shall be aligned with state model content standards and curriculum frameworks for physical education and shall provide a developmentally appropriate sequence of instruction may include, at appropriate grade levels, the effects of physical activity upon dynamic health, the mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythms and dance, team sports, and combatives such as self-defense and fencing.

The district's program shall provide equal opportunities for participation in physical education instruction regardless of gender.

An appropriate alternative activity or exemption from the physical education class shall be provided for a student with disabilities in accordance with his/her individualized education program or Section 504 accommodation plan.

Physical education staff shall appropriately adjust the amount or type of physical exercise required of students during air pollution episodes, hot weather, or other inclement conditions or as needed to accommodate individual student health needs.

The district's physical education program shall be provided by appropriately credentialed teachers. Continuing professional development shall be offered to physical education teachers and to classroom teachers serving as instructors of physical education in order to enhance the quality of instruction and the variety of activities offered.

The Superintendent or designee shall annually administer the physical fitness test designated by the State Board of Education to students in grades 5, 7, and 9.

The Superintendent or designee shall annually report to the Board the results of the physical fitness testing for each school and applicable grade level.

The Superintendent or designee shall report the aggregate results of the physical fitness testing in the annual school accountability report card required by Education Code 33126 and 35256.

Temporary Exemptions

The Superintendent or site principal may grant a temporary exemption from physical education under either of the following conditions:

1. The student is ill or injured and a modified program to meet his/her needs cannot be provided.
2. The student is enrolled for one-half time or less.
3. With a student's consent, the Superintendent or designee may allow a student to satisfy their second year of PE requirement sometime during their 10-12 year if they have met any five of the six standards of the state's physical fitness test.

If a student has not met at least five of the six fitness standards they must take their second year of PE requirement during their 10th grade year unless given authorization by the principal or designee based on extenuating circumstances.

All students in grades 9-12 who are enrolled in Course II and/or interscholastic athletic program will be allowed to earn credits in order to meet their Physical Education requirement as long as the class meets during the normal school day and is staffed by a highly qualified (NCLB) physical education teacher.

Permanent Exemptions

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

1. The student is enrolled as a postgraduate student.
2. The student is enrolled in a juvenile home, ranch, camp, or forestry camp school with scheduled recreation and exercise.

Other Exemptions

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

1. The student in grades 9-12 attends a regional occupational center or program and attendance in physical education courses results in hardship because of the travel time involved.
2. The student is in high school and is engaged in a regular school-sponsored interscholastic athletic program carried on as part of the regular school hours and taught by a highly qualified (NCLB) physical education teacher. (applies to students in grades 9-12 only).
3. The superintendent or site principal may grant special exemption for the PE requirement in the case that a student receives prior approval for documented participation in a physical activity program that is an Olympic-developmental program, and/or a direct Olympic program. All such students would be waived out of the PE requirement, but not waived out of the credit requirement. This student would also be required to participate in the state mandated fitness testing each year until they pass at least five of the six standards or graduate. The exemption must be renewed annually prior to participating. Simply participating in a "club-team" or "travel-team" sport does not meet this requirement.

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