

PHYSICAL EDUCATION AND ACTIVITY

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 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 Performance Testing

During the month of February, March, April or May, students in grades 5, 7 and 9 shall undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to take the entire 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 performance testing. The test results may be provided orally as the student completes the testing. (Education Code 60800)

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

(cf. 5125 - Student Records)

Independent Study Physical Education

Independent Study in physical education is provided to serve the needs of students who wish to participate in a competitive sport independent of the school or whose school schedules are impacted due to participation in other school programs and/or activities.

Eligibility for Enrollment in Independent Study-Physical Education

1. The student is enrolled in grades 7-12 at one of the District's comprehensive secondary schools.
2. The student has a grade point average of 2.0 or higher in the semester prior to enrollment in Independent Study-Physical Education.

PHYSICAL EDUCATION AND ACTIVITY (continued)

3. The activity is an individual activity that is consistent with the State Physical Education Framework.
4. The independent activity will be under the direct supervision of a coach or trainer who can provide acceptable evidence of his/her qualifications and experience.
5. The activity will be for a minimum of 200 minutes per week and will be continuous over the course of the semester.
6. The student's parent/guardian waives all claims against the district for any injury, accident, illness or death that might occur by reason of the student's participation in the independent study-physical education activity.
7. A student shall complete a grade level standards-based portfolio to include hours completed.
8. Students participating in VUSD interscholastic athletics in grades 10-12 may apply their participation in athletics to satisfy the graduation requirement of physical education through independent study physical education. Students must successfully complete the entire season in order to qualify. Students who satisfy the physical education requirement through athletics must be enrolled in a full school schedule.

Independent Study-Physical Education Program Requirements

Students enrolled in independent study physical education may earn 5 units in physical education per semester completed. Variable credit is not available. Elective credit is not available.

Contract goals and objectives shall be consistent with the content areas of the California Physical Education Framework, e.g.:

1. Dance
2. Aquatics
3. Combatives, such as martial arts
4. Gymnastics, excluding cheerleading and drill
5. Cross Country or Track

Participation in non-school, non-CIF competitive team sports will not be approved for Independent Study- Physical Education purposes.

PHYSICAL EDUCATION AND ACTIVITY (continued)

Contracts for Independent Study-Physical Education shall be for one semester.

Students participating in independent study-physical education will participate in the state Physical Fitness Test in grades 7 and 9.

Regulation

Approved: September 1, 2005

Revised: January 18, 2007; September 18, 2008;

April 13, 2017; September 13, 2018

VACAVILLE UNIFIED SCHOOL DISTRICT

Vacaville, California