

PHYSICAL EDUCATION AND ACTIVITY

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.

(cf. 5030 - Student 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)

(cf. 6146.11 - Alternative Credits Toward Graduation)

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 including, 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.

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

The district's program shall provide equal opportunities for participation in physical education instruction regardless of gender, gender identity, race, religion, and sexual orientation.

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

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.

(cf. 6159 - Individualized Education Program)

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

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.

(cf. 3516 - Emergencies and Disaster Preparedness Plan)

PHYSICAL EDUCATION AND ACTIVITY (Continued)

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.

(cf. 4112.2 - Certification)

(cf. 4131 - Staff Development)

(cf. 4222 - Teacher Aides/Paraprofessionals)

The Superintendent or designee shall develop a set of administrative regulations that will effectively provide for the needs of the students described above in order to carry out the Board's directive and to ensure its consistent implementation.

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. (Education Code 60800)

The Superintendent or designee shall annually report to the Board the results of the 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 as described below, 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.

(cf. 0500 - Accountability)

(cf. 6190 - Evaluation of the Instructional Program)

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. (Education Code 60800)

(cf. 0510 - School Accountability Report Card)

The Governing Board desires to provide a physical education program which builds interest and proficiency in movement skills, encourages student's lifelong fitness through physical activity, promotes high levels of personal achievement and a positive self-image, and teaches students how to cooperate in the achievement of common goals. Independent study in physical education is intended to serve the needs of students in grades 7-12 enrolled at one of the District's comprehensive secondary schools, who wish to participate in physical education activity that the school does not offer, or who wish to go

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beyond the level of physical education offered at the school, or whose school schedules are impacted due to participation in other school programs and activities.

The parents/guardians of the student must submit a written request for participation in the independent study physical education activity and must waive all claims against the District for any injury, accident, illness or death that might occur by reason of the activity. When participating in a competitive individual sport outside of the school they must also provide a written statement from the group providing the activity in which the responsible coach/trainer agrees to provide an attendance log and to submit timely evaluations of the student's achievement. A student portfolio must also be completed before the semester grading period ends.

The student enrolled in Independent Physical Education shall be engaged in an individual sport of a rigorous and highly competitive or performance based nature or a school based, CIF sport, or complete the independent study course outline under the supervision of a physical education teacher. Independent study physical education requires at least 400 minutes of physical activity and training over a ten day period continuously throughout the semester. The student must be supervised by a certificated staff member. Only under these conditions will the Superintendent or designee grant independent study for physical education.

The school site principal or designee shall review requests for approval of independent study physical education activities to determine whether or not an activity is appropriate. Final approval of enrollment and credit earned will be determined by the school site principal or his/her designee. A written independent study agreement shall exist for each participating student.

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)

Temporary Exemptions

The Superintendent or designee may grant a temporary exemption from physical education under either of the following conditions: (Education Code 51241)

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.

PHYSICAL EDUCATION AND ACTIVITY (Continued)**Two-Year Exemptions**

With a student's consent, the Superintendent or designee may exempt the student from any two years of physical education courses during grades 10-12 provided that the student has satisfactorily met any five of the six standards of the state's physical fitness test in grade 9. (Education Code 51241)

Permanent Exemptions

The Superintendent or designee may grant a permanent exemption from physical education to a student under any of the following conditions: (Education Code 51241)

1. The student is age 16 years or older and has been enrolled in grade 10 for one or more academic years.
2. The student is enrolled as a postgraduate student.
3. 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 10-12 is excused for up to 24 clock hours in order to participate in automobile driver training. (Education Code 51222)
2. The student in grades 10-12 attends a regional occupational center or program and attendance in physical education courses results in hardship because of the travel time involved. (Education Code 52316)

*Legal Reference:**EDUCATION CODE**33126 School accountability report card**33350-33354 CDE responsibilities 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 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**1040-1048 Physical performance test**3051.5 Adapted physical education for individuals with exceptional needs*

PHYSICAL EDUCATION AND ACTIVITY (Continued)

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

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 PROGRAM ADVISORIES
0418.89 *Physical Education, April 18, 1989*

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

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

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

CALIFORNIA DEPARTMENT OF HEALTH SERVICES PUBLICATIONS

School Idea and Resource Mini Kit, 2000

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

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

WEB SITES

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

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

California Department of Health Services, *School Health Connections*:

<http://www.dhs.ca.gov/ps/cdic/shc/default.htm>

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

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

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

FITNESSGRAM, Cooper Institute: <http://www.fitnessgram.net>

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

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

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

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

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

Policy

VACAVILLE UNIFIED SCHOOL DISTRICT

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