

# ADMINISTRATIVE PROCEDURE

SAN DIEGO UNIFIED SCHOOL DISTRICT

NO: 4179

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CATEGORY: Instruction, Curriculum Design

EFFECTIVE: 4-21-06

SUBJECT: K-12 Physical Education

REVISED: NEW

## A. PURPOSE AND SCOPE

- To outline administrative procedures governing instruction in physical education and administration of the California Physical Performance Test (Fitnessgram).

### 2. Related Procedures:

Nondiscrimination on the Basis of Sex in District Programs and Activities .....	0112
School Aquatics Programs .....	4178
Exemption from Physical Education (Travel Hardship to Attend ROP Classes)...	4270
Graduation from Senior High Schools .....	4770
California Physical Performance Test .....	4835
Illness and Minor Injuries .....	6371
Short-Term Contract Independent Study .....	4316
Long-Term Independent Study .....	4317

## B. LEGAL AND POLICY BASIS

- Reference:** Board policy: F-8000; Education Code Sections 200 *et seq.*; 33005-33053, 45340-45367, 51210, 51222, 51225, 51223, 51225.3, 51241, 51242, 51246, 51745, 51746, 60605, 60800; California Code of Regulations (CCR), Title 5, Sections 1041 *et seq.*, 10060, 14030 (c) (1 and 2) and (j) (2 and 4); Title IX, Educational Amendments of 1972 (20 U.S.Code Sections 1681 *et seq.*)

## C. GENERAL

- Originating Office.** Suggestions or questions concerning this procedure should be directed to the Physical Education, Health and Interscholastic Athletics Department, Office of the Deputy Superintendent. Questions about interpretation of the California Physical Performance Test, answer sheets, data collection and test results should be directed to the Testing Unit, Office of the Deputy Superintendent.
- Instructional Minutes.** Physical education is an integral part of the educational program for all students. Students shall have physical education every year in grades K-9, with one additional year required in high school for graduation.
  - Students in grades 1-6 shall have a minimum of 200 minutes of physical education each 10 school days, exclusive of lunchtime, recess and voluntary activity programs (Education Code Section 51210 [g]).

- b. Students in grades 7-12 shall have a minimum of 400 minutes of physical education each 10 school days (Education Code Section 51222 [a]).
  - c. High schools must provide opportunities for students to participate in elective physical education classes each year (Education Code Section 51222 [b]).
3. **Waivers for Block and Alternative Schedules.** Before implementing a schedule that would result in noncompliance with requirement 2.b., a waiver must be submitted to and approved by the State Board of Education (Education Code Sections 33050-33053, General Waiver Authority).
4. **Course of Study.** The Course of Study includes descriptions of physical education courses and the text and teaching materials to be used.
5. **Required Teaching Credential.** A teacher credentialed in physical education or possessing a multiple-subject credential may plan the physical education program, evaluate students and assign grades in physical education. Moreover, although a teacher with a multiple-subject credential may teach physical education to his or her class and may team-teach with other teachers, only a teacher with a single-subject physical education credential may departmentalize and specialize in teaching physical education throughout the school day (Education Code Sections 45344-45367).
6. **Gender Equity and Equal Educational Access.** All physical education courses are conducted in a coeducational inclusive manner. Students must not be separated in physical education classes on the basis of gender. All students must have equal access to courses, facilities and equipment (Title IX 106.33, 106.34:5; CCR 4930, 4931, 4940).
7. **Physical Education Course Content.** Physical education and outside school activities should promote a minimum of 60 minutes of activity: 20 minutes of vigorous physical activity and 40 minutes of moderate physical education activity. When students master the course content and develop the skills, they will be well equipped to lead a physically active and healthy lifestyle.
  - a. During the course of grades K-12 education, students shall be offered a sequential, developmentally appropriate curriculum to help them acquire the knowledge, skills, attitudes and confidence needed to adopt and maintain a physically active and healthy lifestyle.
  - b. The California State Physical Education Content Standards represent an integral part of the educational program for all students. They guide students regarding how their bodies move, how to perform a variety of physical activities, the health-related benefits of regular physical activity, and specific skills that will allow

them to adopt a physically active and healthy lifestyle. They also provide learning experiences that meet the developmental needs of students. With effective physical education, students become confident, independent, self-controlled and resilient; develop positive social skills; learn to set and strive for personal, achievable goals; learn to assume leadership, co-operate with others and accept responsibility for their own behavior; and improve their academic performance.

- c. All high school students shall be provided opportunities to receive instruction and be evaluated on their progress in each of the following areas: (1) effects of physical activity on dynamic health; (2) mechanics of body movement; (3) aquatics; (4) gymnastics and tumbling; (5) individual and dual sports; (6) rhythms and dance; (7) team sports; and (8) combatives (may include self-defense). (CCR, Title 5, Section 10060)
8. **Independent Study.** Independent study may be used to extend a student's educational opportunities in physical education. Independent study may not be used as an alternative curriculum nor as the exclusive means of course credit for the physical education graduation requirement. Independent study physical education must be supervised and planned by a certificated physical education teacher to demonstrate the sequential developmental and rigorous curriculum content that meet all requirements of the California State Physical Education Content Standards for Public Schools, K-12, district procedures, and district on-site independent study guidelines for physical education and the district Course of Study, K-12.

Independent study for grades K-8 must include the key skills and knowledge at each grade level based on the five over-arching content standards in the California State Physical Education Content Standards.

Independent study physical education opportunities at the high school level (grades 9-12) must follow the California State Physical Education Content Standards and include the eight content areas for physical education listed in C.7.c (Education Code Sections 51745, 51746, 51225.3; CCR, Title 5, Section 10060).

9. **Graduation requirements.** To receive a high school diploma, students must earn four semester credits in physical education. They must enroll in two semesters of physical education in grade 9 and one year or two semesters in grades 10-12. A maximum of eight semester credits earned in physical education may be counted toward the 44 credits required for graduation.

**10. Temporary or Permanent Exemptions from Physical Education**

- a. A teacher may excuse a student from physical education because of an illness for one, two or three consecutive days. (Verbal requests from students must be weighed in terms of a student's past performance and behavior.) Students who frequently present requests for excuse from physical education for short periods of time should be advised to have a medical examination (Procedure 6371).
- b. Up to ten consecutive days' excuse from physical education participation may be authorized by the school nurse (Procedure 6371).
- c. More than ten consecutive days' excuse from physical education participation requires authorization by a family physician or health advisor; contacts with parents/guardians in these cases should be made by the teacher and school nurse as designated. Long and short-term excuses from physical education are renewed following Procedures 4316, Short-Term Contract Independent Study, or 4317, Long-Term Independent Study.
- d. Students may receive an exemption from physical education if attendance in a Regional Occupation Program class results in hardship because of travel time. Procedure 4270 describes the five conditions that must be met in order for such exemption to be granted (Education Code Section 52316).
- e. Any four-year or senior high school pupil engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours may give their consent to be exempted from attending courses of physical education. Students must fulfill the district four-semester graduation requirement for physical education (Education Code Section 51242).

**11. Physical Performance Assessment**

- a. The Fitnessgram, the state-designated physical performance test, shall be administered to all students in grades 5, 7 and 9 during February, March, April or May. All students are required to participate whether or not they are in a physical education class at the time of the test. All public schools, including charter, atypical and alternative schools, maintaining grades 5, 7 and 9 must administer the test. Procedure 4835 outlines the purpose and implementation of the state-adopted physical fitness test (Education Code Section 60800).
- b. Students with disabilities who are unable to take the entire physical fitness test should be given as much of the test as conditions permit. The Individualized

Education Program (IEP) team or the 504 team is responsible for deciding how children with disabilities will participate.

- c. Students shall be provided with their individual results after completing the physical fitness test. In addition, the Board of Education shall report the aggregate results of its physical fitness test in its annual school site accountability report card.

## 12. **Physical Education Facilities**

- a. A variety of physical education teaching stations, including hard court, field area and indoor spaces, shall be available at each school to provide a comprehensive physical education program in accordance with the California Code of Regulations, school facilities construction section, California State Physical Education Content Standards and the districts adopted Course of Study.
- b. The physical education teaching stations shall be adequate for the planned student enrollment to complete the instruction and course work defined in California Education Code sections 51210(g), 51220(d) and 51225.3(a)(1)(F), California State Physical Education Content Standards and Title 5, Education Code, Div. 1, Chapter 13, Subchapter 1, School Facilities Construction Education Code section.
- c. The Director of Facilities will consult in a timely manner with the Director of Physical Education, Health and Interscholastic Athletics, to ensure that high-quality physical education and adequate teaching stations are provided for the planned student site enrollment at each school with a comprehensive physical education program consistent with the California State Physical Education Content Standards.

## **D. IMPLEMENTATION**

1. Elementary, middle and high school principals (K-12) ensure that the Education Code minute requirements and content mandated by the California State Physical Education Content Standards are provided at their schools during the school day.
2. High school principals and counselors (grades 9-12) ensure that high school students participate in the physical education courses mandated by district course of study and include the eight content areas listed in C.7.c, consistent with the district graduation requirements for physical education.
3. High school principals ensure that their students have opportunities to participate in physical education electives in each school year.

4. The district ensures that physical education teachers possess the appropriate teaching credential.
5. Principals ensure that district Independent Study Guidelines and California Education Code are followed when granting Independent Study contracts to pupils.
6. Principals ensure that all physical education courses in their schools are coeducational, and that all students have equal access to facilities and equipment.
7. The director of Physical Education, Health and Athletics ensures that all district schools have a sequential, developmentally appropriate physical education curriculum based on the California State Physical Education Content Standard.
8. The director of Physical Education, Health and Athletics provides staff development for and assistance to physical education teachers, including elementary physical education specialists and classroom teachers.
9. Site and district staff ensures that temporary or permanent exemptions from physical education are properly implemented (C.9; Education Code Sections 51241, 51242).
10. Physical Fitness Assessment.
  - a. The director of Physical Education, Health and Athletics provides staff development for and assistance to teachers in the administration of the California Physical Performance Test (Fitnessgram).
  - b. The Testing Unit ensures that schools receive test answer sheets, the Fitnessgram administration kit, instructions and results.
  - c. Principals arrange for administration of the tests and return the answer sheets to the Testing Unit.
  - d. The Testing Unit forwards test results to schools as soon as possible after receipt of data from the San Diego County Office of Education and submits results to the California Department of Education, as required.

## **E. FORMS AND AUXILIARY REFERENCES**

1. California State Physical Education Content Standards (January 2005)
2. Course of Study, K-12, Stock Item 41-C-7151 (stock item updated annually)

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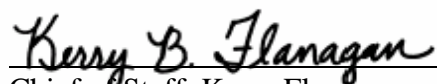
REVISED: **NEW**

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3. District Pilot and Site-Adopted Courses: A Supplement to the Course of Study, Stock Item 41-M-1050 (stock item updated annually)
4. Uniform Course File (Procedure 4100), available from the Information Technology Department, Business Operations Division
5. Physical Education Framework for California Public Schools
6. Instructions for Administering the annual Fitnessgram via Administrative Circular 64 and Administrative Procedure 4835

**F. REPORTS AND RECORDS**

**G. APPROVED BY**



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Chief of Staff, Kerry Flanagan  
For the Superintendent of Schools