

Instruction

**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 – Examination/Grading/Rating)*  
*(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.

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.

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).

The Superintendent or designee may grant permanent exemptions from physical activity to a student who is enrolled in a juvenile home, ranch, camp, or forestry camp school with scheduled recreation and exercise. (Education Code §51241)

Instruction

**PHYSICAL EDUCATION (continued)**

Legal Reference:

EDUCATION CODE

- 33350 CDE responsibilities re: physical education
  - 49066 Grades; physical education class
  - 51210 Course of study, grades 1-6
  - 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
- 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

CDE 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>