

PHYSICAL EDUCATION

The Board of Trustees desires to provide a physical education program which 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 - Grades/Evaluation of Student Achievement)

The Board shall approve the components of the physical education program.

(cf. 6143 - Courses of Study)

Physical education staff shall take special care to ensure that excessive physical exertion is not required of students who have informed staff of a heart or respiratory condition or other physical disability that may restrict such activity. Any dispute concerning such a condition shall be submitted to the principal or designee, who may make appropriate inquiries consistent with state and federal law. An appropriate alternative activity shall be provided for these students.

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

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.

(cf. 3516 - Emergencies and Disaster Preparedness Plan)

An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion.

Legal Reference:

EDUCATION CODE

[33350](#) CDE responsibilities re: physical education

[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

[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)

PHYSICAL EDUCATION

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

CDC 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>

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During each March, April or May, students in grades 5 and 7 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 all of the test shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

The Superintendent or designee may grant temporary exemption from physical education when a student is enrolled for one-half time or less or when a student is ill or injured and a modified program to meet his/her needs cannot be provided. Permanent exemptions shall be granted only as provided by law. (Education Code 51241)

Instruction in physical education in elementary school districts with any of grades 1-8 shall be provided for a total period of time of not less than 200 minutes each 10 school days. (Education Code [51210](#), [51223](#))

Waivers from PE Participation

Waivers from PE participation will not be granted per Education Code 51210, stating that no waivers will be granted (Education Code 51210).