



SACRAMENTO CITY UNIFIED SCHOOL DISTRICT

Board of Education Executive Summary
Academic Office: Revised Board Policy 6142.7
Physical Education Instruction
October 2, 2014

Students with Disabilities

The revised policy addresses adaptations to the program to meet the needs of students with special needs. They will be provided with physical education that is in alignment with their Individualized Education Plan (IEP) or 504 Plan.

Physical Education Minutes

The state of California mandates 60 minutes every ten days for physical education instruction. The revised policy outlines the required minutes at each grade level K-12, to provide guidance to school sites in scheduling their physical education programs.

Physical Fitness Testing

Annual Physical Fitness testing is required by the state of California for grades 5, 7, and 9. The revised policy includes the timeframe for when the testing will occur and what qualifies as passage of the physical fitness test. In addition, requirements for data reporting are outlined.

Exemptions

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Marching Band

The state of California has made the awarding of physical education credit for Marching Band a local decision. State requirements still apply and impact a district's ability to award physical education credit for marching band. These requirements include the following:

- x To award physical education credit for Marching Band must be taught by a dual credentialed teacher. The teacher must hold a certified teaching credential in both Marching Band and physical education (Ed Code 33352 (b)(9), 45345367)
- x The state requires 400 minutes every 10 school days for physical education (Ed Code 51222 (a)) at the secondary level exclusive of Marching Band course content
- x The course of study ensures compliance and that the course meets the objectives and criteria of Ed Code Section 33352 which lists the eight physical education content areas required for physical education program credit. These eight areas must be taught over a span of physical education courses students take and are as follows: Effects of physical activity upon dynamic health; Mechanics of body movement; Aquatics; Gymnastics and tumbling; Individual and dual sports; Rhythms and dance; Team sports;

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eight areas are as follows: Effects of physical activity upon dynamic health; Mechanics of body movement; Aquatics; Gymnastics and tumbling; Individual and dual sports; Rhythms and dance; Team sports; and Combatives. The above eight areas must be taught over a span of the physical education course students take.

- x Students must be administered the physical fitness testing (PFT) pursuant to Ed Code section 608000 and the results of the PFT to be included as part of the school accountability report card.

VI. Results

Once approved, the district will assess the impact of the revised policy as outlined in the Goals, Objectives and Measures section of this document, and will report results.

VII. Lessons Learned/Next Steps

Next steps include the following:

- x Present the proposed revisions to the physical education policy in a second reading to the Board

Sacramento City USD

Board Policy

Physical Education

BP 6142.7

Instruction

The Board of Education recognizes the research and positive benefits of a quality physical education program on student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the District. All students in ~~grades~~ ^{grades K} shall be provided opportunities to be physically active on a regular basis through high-quality physical education instruction and may provide additional opportunities for physical activity throughout the school day. All students are expected to participate in the physical education program according to education code. The program will be modified for students with special needs. Opportunities for moderate to vigorous physical activity (MVPA) shall be provided ~~through~~ ^{through} physical education classes. The district's physical education activities shall support the district's coordinated student wellness program and encourage students' lifelong fitness.

(cf. 5030 -Students 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)

The Superintendent or designee shall ensure that all students in ~~grades K-12~~ ^{grades K-12} receive the appropriate amount of high quality physical education required by the Education Code. The school district shall adopt the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve. The school district shall also ~~implement~~ ^{implement} the contents of the Physical Education

The District's progr

51242 Exemption from physical education for athletic program participants

60800 Physical performance test

CODE OF REGULATIONS, TITLE 5

1040-1048 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

UNITED STATES CODE, TITLE 42

1751 Note Local wellness policy

ATTORNEY GENERAL OPINIONS

53 Ops. CalAtty. Gen. 230 (1970)

Management Resources:

CSBA PUBLICATIONS

Active Bodies, Active Minds: Physical Activity and Academic Achievement, Fact Sheet, February 2010

Maximizing Opportunities for Physical Activity Through Joint Use of Facilities, Policy Brief, rev. February 2010

Maximizing Opportunities for Physical Activity During the School Day, Fact Sheet, November 2009

Moderate to Vigorous Physical Activity in Physical Education to Improve Health and Academic Outcomes, Fact Sheet, November 2009

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement 2009

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools: Kindergarten Through Grade 12, 2002,

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

Adapted Physical Education Guidelines for California Schools, 2003

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

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES PUBLICATIONS

2008 Physical Activity Guidelines for Americans, October 2008

WEB SITES

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

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

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

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

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

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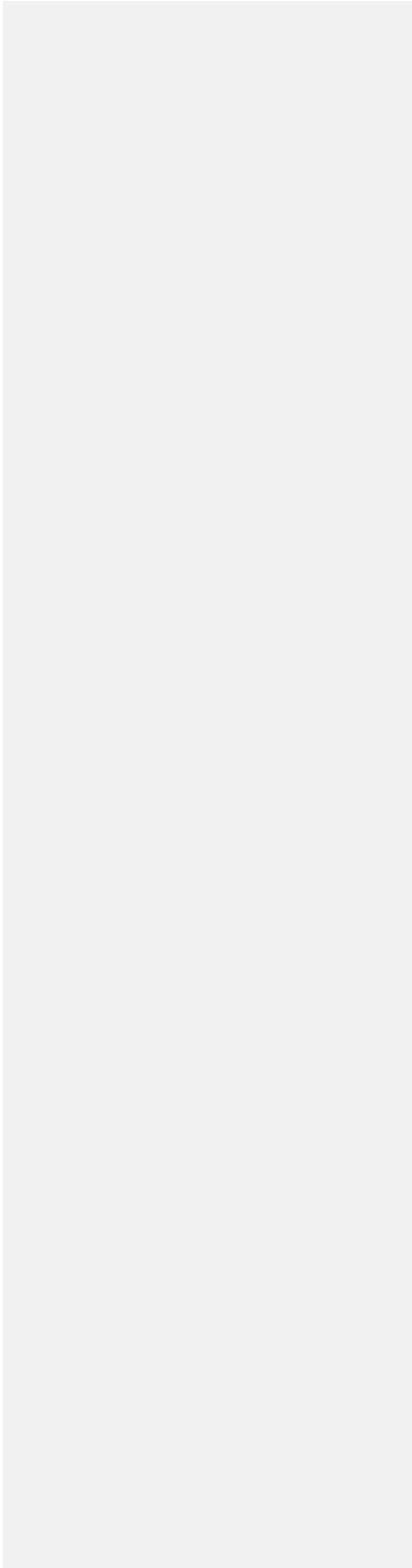
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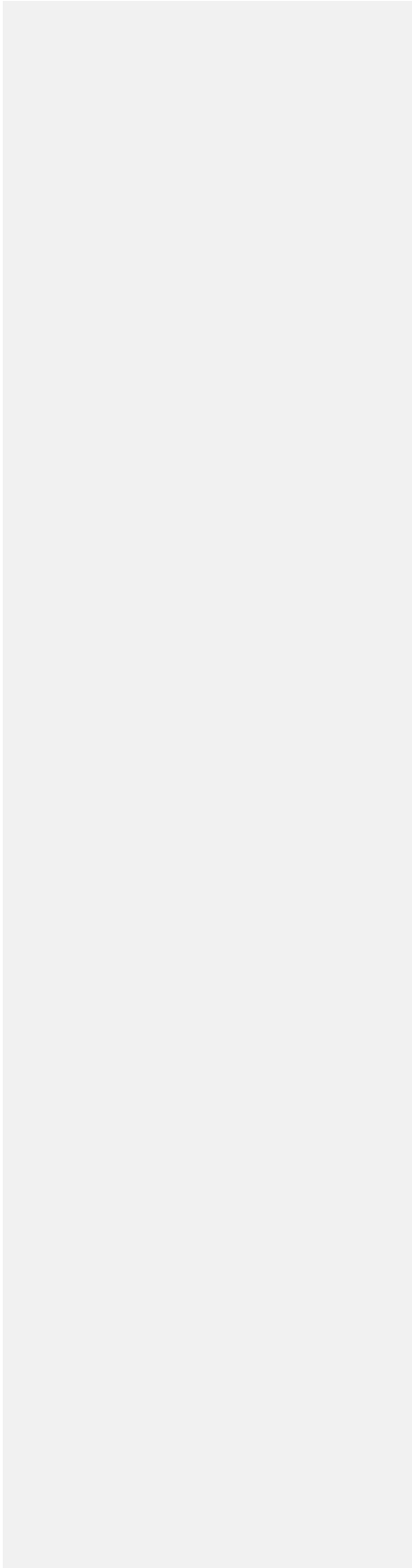
1. A student is enrolled for ~~one~~ half time or less.
2. A student is ill or injured and a modified program to meet his/her needs cannot be provided.

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