



# SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 9.3

**Meeting Date :** August 15, 2013

**Subject:** Approval of Revised Board Policy No. 6142.7 on Physical Education

- Information Item Only
- Approval on Consent Agenda
- Conference (for discussion only)
- Conference/First Reading (Action Anticipated: September 5, 2013)
- Conference/Action
- Action
- Public Hearing

**Learning Support Unit/Department:** Academic Office/ Physical Education Department

**Recommendation:** The Sacramento Board of Education is requested to approve the Revised Board Policy No. 6142.7 on Physical Education. The revision before you will bring our policies in-line with state adoptions that reinforce the importance of physical education as a vital component of our student's educational experience and its contribution to each student's health and well-being, social development and readiness to learn.

**Background/Rationale:** The current Board Policy No. 6142.7 Physical Education Instruction was last updated on May 20, 2004 one year before state standards were adopted. The California State Board of Education on January 12, 2005 adopted the Physical Education Model Content Standards for California Public Schools, Kindergarten Through grade Twelve. The standards provide a comprehensive vision of what students need to know and be able to do at each grade level. In addition, the standards provide a model for high school course design. Next, the Physical Education Framework for California Public Schools: Kindergarten Through Grade Twelve, was adopted by the State Board of Education on September 11, 2008. The Framework is an essential resource for the development, implementation and evaluation of

Estimated Time of Presentation : 5 minutes

Submitted by : Olivine Roberts, Chief Academic Officer  
Iris Taylor, Assistant Superintendent for  
Curriculum & Instruction

Approved by : Jonathan P. Raymond, Superintendent

# AcademicOffice

Revised Board Policy 6142.7 Physical Education Instruction Date of August 15, 2013

## I. OVERVIEW/HISTORY

Sacramento City Unified School District (SCUSD) recognizes that physical education significantly contributes to students' well-being and to SCUSD's Strategic Plan; therefore, it is an integral part of our student's education experience. High quality physical education instruction contributes to good health, develops fundamental and advanced motor skills, improves students' self-confidence and provides opportunities for increased levels of physical fitness that are associated with high academic achievement. It is the goal of physical education to develop physically literate individuals who have the psychomotor, cognitive, and affective skills to adopt a physically active lifestyle, benefitting the healthy development of the whole person. "The Physical Education Model Content Standards for California Public Schools Kindergarten Through Grade Twelve affirms the standing of physical education; rigor is essential to achievement and participation is not the same as education" quoted from State Superintendent of Public Instruction

The current Board Policy 6142.7 Physical Education Instruction was

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whole. Physical Literacy achievement impacts students' school success which, in turn, influences their future prospects for employment and quality of life. In addition with the changes in academic expectation as a result of the Common Core State Standards this becomes even more critical. The proposed revision to the Physical Education Policy will provide the guidelines necessary to create the learning environments that support quality physical education instruction and learning.

### III. BUDGET

This policy change does not have any new budget implications, however, the physical education program continues to be supported through the use of local funding and a grant from The California Endowment.

### IV. GOALS, OBJECTIVES, AND MEASURES

To measure the impact and effectiveness of the Physical Education Instruction program, the Academic Office will use the Physical Education Mandates Report, the Physical Education Exemptions Report, the Fitness Grant Test Results, surveys regarding the PE Curriculum and any other data agreed upon by the Board and the Superintendent designed to evaluate program quality and the effectiveness of the district's program in meeting goals for physical education. These measures will serve as a barometer for success.

The Academic Office will assess the quality, effectiveness and fidelity of the implementation of teaching and learning resources through the consistent review of curriculum content for alignment to standards, cognitive demand, accuracy, diversity, and relevance. The quality of instruction and professional development will be determined through observations of instruction and teacher reflection. Using multiple measures to further ensure validity, the

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Get Fit: During the 2011-2012 school year, SCUSD partnered with the California Endowment and the Sacramento Kings to provide the Get Fit program to students at three schools in the 5<sup>th</sup>, 7<sup>th</sup>, and 9<sup>th</sup> grades. These schools were Earl Warren Elementary, Will C. Wood Middle and Hiram Johnson High School. These students were taught the importance of implementing and maintaining good physical fitness habits, as well as healthier eating lifestyles. During this program, students received many benefits including improvement in physical fitness outcomes based on the FITNESSGRAM testing standards.

Since 2012, the SCUSD has created a Tier 2 Get Fit program. This program allows all schools to receive some of the Get Fit Benefits. The program calls for schools to convene a School Wellness Council, participate in the Healthy Schools Program from the Alliance for Healthier Generation, conduct a Family Fitness Night, and demonstrate proper use of the Exemplary Physical Education Curriculum (EPEC). Once schools meet all requirements, they may earn one or more rewards such as: Get Fit Assembly or Rally, Kings T-shirts or Basketball Kings players appearance at their Family Fitness Night, Fitnessgram recognition tour to Power Balance Pavilion, Kings Tickets.

## VI. RESULTS

The District's strategies to implement a quality physical education program has yielded the following accomplishments and results:

- x Increase in new programs to facilitate and promote physical education and activities such as BOKS (Building Our Kids Success) before school programming, Physical Education STEM (Physical Education- Science, Technology, Engineering and Math) "Burn it in 30" class project, and Health Corps University.
- x Implementation of a

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Revised Board Policy 6142. Physical Education Instruction Date of  
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# 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 K-12 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 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 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 the contents of the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve.

The District's Physical Education program shall provide a developmentally appropriate sequence of instruction aligned with the state's model content standards and curriculum framework. The Superintendent or designee shall ensure that the District's program provides all students with equal opportunities for instruction and participation regardless of gender, race or disabilities in accordance with law.

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

(cf. 6011 – Academic Standards)

(cf. 6143 – Courses of Study)

The Physical Education program will build interest and proficiency in movement skills, encourage students' lifelong fitness through physical activity, and will design and evaluate a strong, cohesive and comprehensive physical education program for all students. The Board shall approve adoption of a standards-based curriculum which aligns to the California Content Standards for Physical Education and the National Physical Education Standards. The District's program shall include a variety of

kinesthetic activities including team and individual sports, life time sports and activities, gymnastics, as well as aesthetic movement forms, such as dance.

The overall course of study for grades 9-12 shall include the effects of physical activity upon human health, the mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythms and dance, team sports, and combative (EC 33352; 5 CCR 10060).

The Board shall approve the courses in grades 9-12 for which physical education credit may be



## Exemptions

### Temporary Exemptions

The Superintendent or designee may grant a temporary exemption from physical education under either of the following conditions with the consent of the student: (EC 51241)

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 or her needs cannot be provided.

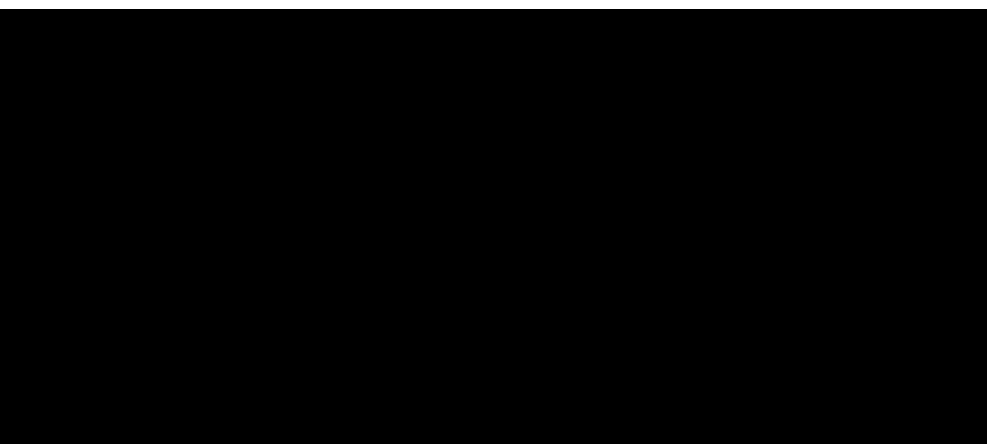
### Permanent Exemptions

The Superintendent or designee may grant a permanent exemption from physical education to an individual student under any of the following conditions (EC 51241)

1. Enrolled in a juvenile home, ranch, camp, forestry camp school with recreation and exercise scheduled

### Two-Year Exemptions

With the student's consent, the Superintendent or designee may exempt a student from physical education courses for any two years any time during grades 10-12, inclusive, if the student has satisfactorily met at least five of the six standards of the state's physical fitness test in grade 9.



The Superintendent or designee may exempt students from physical education when they are participating in interscholastic athletic programs which entail comparable amounts of time and physical activity, provided their physical education, in its entirety, meets the district's curriculum standards.

(cf. 6145.2 – Athletic Competition)

(cf. 6146.11 - Alternative Credits Toward Graduation)

#### 12<sup>th</sup> Grader Exemption

Under EC Section 512466 the District Board of Education may exempt any pupil enrolled in his or her last semester or quarter, as the case may be, of the grade who, pursuant to EC 46145 (minimum required courses per semester or quarter EC 46147 (exemption for certain 12<sup>th</sup> grade students to attend less than the minimum school day), is permitted to attend school less than 240 or 180 minutes per day, from attending courses of physical education (EC 51246). However, that such pupil may not be exempted pursuant to this section from attending courses of physical education and each pupil would, after such exemption, attend school for 240 minutes or more per day.

#### Weather

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. 3514 – Environmental Safety)

(cf. 3516 – Emergencies and Disaster Preparedness Plan)

(cf. 514.7 – Sun Safety)

#### Special Care

Physical education staff shall take special care to ensure that excessive physical exertion is not required of any student. Any student who is unable to participate in physical education shall be provided an alternative activity.

number of two-year and permanent exemptions granted pursuant to Education Code 51241, 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 and physical education.

(cf. 0500 – Accountability)

(cf. 6190 – Evaluation of the Instructional Program)

Legal Reference:

EDUCATION CODE

33126 School accountability report card

33350-33354 CDE responsibility: 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, two-year or permanent exemptions from physical education

51242 Exemption from physical education from 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



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>

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

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

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

President's Council on Physical Fitness and Sports: <http://www.fitness.gov>

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

U.S. Department of Health and Human Services: <http://www.health.gov>

Policy SACRAMENTO CITY UNIFIED SCHOOL DISTRICT

adopted: November 16, 1998 Sacramento, California

Revised: May 20, 2004 Sacramento, California

Revised: 2013 Sacramento, California

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## Board Policy

### Physical Education

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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 K-12 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 physical education classes. The district's physical education activities shall support the district's coordinated student wellness program and encourage students' lifelong fitness.~~

~~The [HD1] Governing Board desires to provide a physical education program which builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical~~

~~Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, weather, or other inclement conditions.~~

~~(cf. 3516 – Emergencies and Disaster Preparedness Plan)~~

~~The <sup>HD5</sup> Superintendent or designee shall ensure that all students in 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 the contents of the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve. The District's Physical Education program shall provide a developmentally appropriate sequence of instruction aligned with the state's model content standards and curriculum framework. The Superintendent or designee shall ensure that the District's program provides all students with equal opportunities for instruction and participation regardless of gender, race or disabilities in accordance with law.~~

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

~~(cf. 6011 – Academic Standards)~~

~~(cf. 6143 – Courses of Study)~~

The Physical Education program will build interest

1. Schools will provide instruction and facilities/equipment to ensure that all students have the opportunity to participate in daily physical education/physical activity.
2. Schools will meet or exceed the PE minutes requirements
  - a. 1-6 200 minutes every 10 days
  - b. 6-8 400 minutes every 10 days
  - c. K-8 200 minutes every 10 days
  - d. 9-12 400 minutes every 10 days

Teachers and other school and community personnel not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

### Physical Fitness Testing

During HD9] the months of February, March, April, May, students in grades 5, 7, and 9 will



~~The [HD12] Superintendent or designee may grant parent exemptions from physical education for a student who is ~~enrolled~~ (Education Code 51241)~~

1. Age 16 years or older and has been in grade 10 for one or more academic years

(cf. 6145.2 - Interscholastic Competition)  
(cf. 6146.11 - Alternative Credits Toward Graduation)

### 12<sup>th</sup> Grader Exemption

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(cf. 514.7 – Sun Safety)

### Special Care Physical



ATTORNEY GENERAL OPINIONS

53 Ops. Cal. Atty. 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

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 PUBLICATIONS

Physical Education Framework for California Public Schools: Kindergarten Through Grade 12, 2009

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>

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

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

President's Council on Physical Fitness and Sports: <http://www.fitness.gov>

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

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CSBA PUBLICATIONS

Healthy Food Policy Resource Guide, 2003