



**SACRAMENTO CITY UNIFIED SCHOOL DISTRICT
BOARD OF EDUCATION**

Board of Education Executive Summary

Academic Office: Revised Board Policy 6142.7

Physical Education Instruction

January 22, 2015



I. Overview

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 experiences. 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.

The current Board Policy 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

. These standards focus on the content of physical education and incorporate the detail required to guide the development of consistent, high-quality physical education instructional programs aimed at students learning and achievement. 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. T

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Education Policy will provide the guidelines necessary to create the learning environments that support quality physical education instruction and learning.

III. Budget

The cost implications of the

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to the Physical Education standards and framework and the use of a standards aligned curriculum. The revisions also describe the overall course of study for Physical Education in grades 9-12.

Students with Disabilities

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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 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.

- (6503 - ~~W~~)
- (65121 - ~~General~~)
- (66142.8 - ~~Child~~)
- (66145.2 - ~~Ad~~)
- (66146.1 - ~~High~~)

The Superintendent or designee shall ensure that all students in grades K 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

The District's progr

51222 Physical education

51223 Physical education, elementary schools

51241 Temporary, two year or permanent exemptions from physical education

51242 Exemption from physical education for athletic program participants

Physical Education and California Schools, Policy Brief. October 2007

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and 2007e

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide April 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools: Kindergarten Through Grade 20092,

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/ps/ft/>

adopted: November 16, 1998 Sacramento, California

Revised: May 20, 2004 Sacramento, California

Revised: 2013 Sacramento, California

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Board Policy

Physical Education

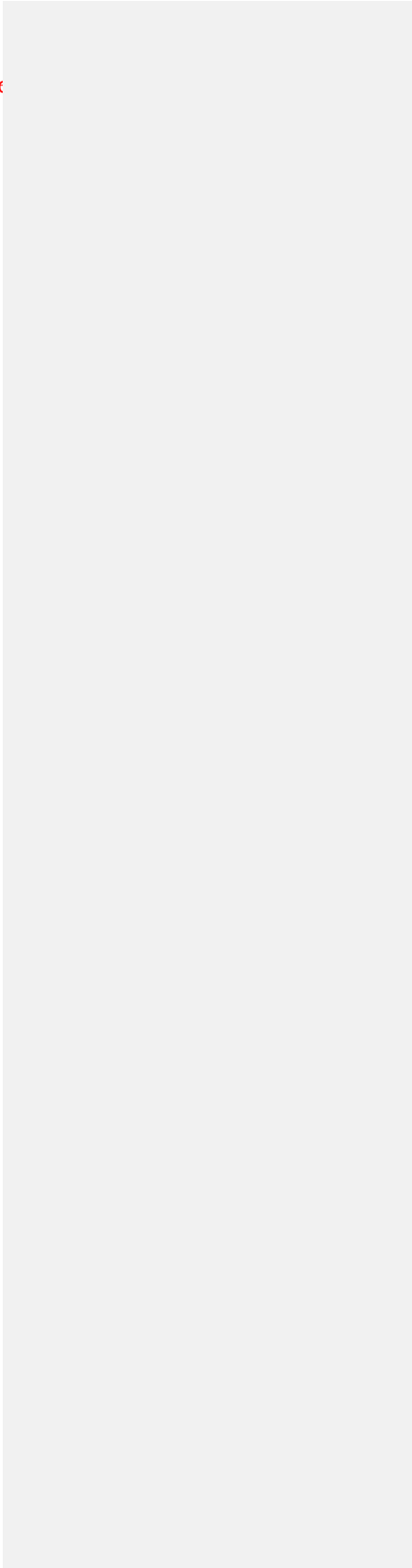
BP 6142.7
Instruction

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 12

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



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Proposed Revision Board Policy

Proposed Revision Board Policy

~~The Superintendent or designee may exempt students, with their consent, from any two years of physical education courses during grades 10 through 12 pursuant to Education Code 51241, provided the student has passed the physical performance test administered in grade 9 pursuant to Education Code 60800. —(Education Code 51241)~~

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Proposed Revision Board Policy

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. 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 Ph

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Proposed Revision Board Policy

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~~Policy SACRAMENTO CITY UNIFIED SCHOOL DISTRICT
adopted: November 16, 1998 Sacramento, California
adopted: May 20, 2004~~

Sacramento City USD

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Physical Education

BP 6142.7

Instruction

The Governing Board desires to provide a physical education program which builds interest, proficiency in movement skills and encourages students' lifelong fitness through physical activity. 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. 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)

(cf. 6142.8 - Comprehensive Health Education)

(cf. 6145.21 - Sportsmanship)

(cf. 6146.1 - High School Graduation Requirements)

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

(cf. 6143 - Courses of Study)

(cf. 6146.1 - High School Graduation Requirements)

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)

Exemptions

With the consent of the student, the Superintendent or designee may grant temporary exemption from physical education under either of the following conditions: (Education Code 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/her needs cannot be provided.

The Superintendent or designee may grant permanent exemptions from physical education to a student who is either: (Education Code 51241)

1. Age 16 years or older and has been in grade 10 for one or more academic years
2. Enrolled as a postgraduate student
3. Enrolled in a juvenile home, ranch, camp or forestry camp school with recreation and exercise scheduled

The Superintendent or designee may exempt students, with their consent, from any two years of physical education courses during grades 10 through 12 pursuant to Education Code 51241 provided the student has passed the physical performance test administered in grade 9 pursuant to Education Code 60800. (Education Code 51241)

The Superintendent or designee may excuse any student in grade 10, 11 or 12 who attends a regional occupational center or program from attending physical education courses if such attendance results in hardship because of the travel time involved. (Education Code 52316)

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 curricular standards.

(cf. 6145.2 - Interscholastic Competition)

(cf. 6146.11 - Alternative Credits Toward Graduation)

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

adopted: May 20, 2004