



# SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item # 10.2

Meeting Date : January 8, 2015

Subject : Approve Revision of Board Policy No. 6142.7 on Physical Education

- Action  
 Public Hearing

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

Recommendation : Approve proposed Board policy.

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. In addition, the Physical Education Framework for California Public Schools: Kindergarten through Grade Twelve was adopted by the State Board of Education on September 11, 2008.

Sacramento City Unified School District (SCUSD) Board of Education adopted a revised Board that aligns with the state laws, requirements and standards.

Financial Considerations : Costs associated with implementation of the policy include funding for revisions to courses of study, acquisition of special teaching authorizations, and professional learning. Total annual costs are estimated to be \$65,000.

Documents Attached :

- x Executive Summary
- x Revised Board Policy No. 6142.7 Physical Education Instruction Policy – clean version
- x Revised Board Policy No. 6142.7 Physical Education Instruction Policy – redlined version

Estimated Time of Presentation : 10 minutes
Submitted by : Iris Taylor, Assistant Superintendent for Curriculum & Instruction
Approved by : José L. Banda, Superintendent

# Board of Education Executive Summary

## Academic Office: Revised Board Policy 6142.7

### Physical Education Instruction

January 8, 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' 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, a 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. 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

Board of Education Executive Summary  
Academic Office: Revised Board Policy 6142.7  
Physical Education Instruction  
January 8, 2015

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 policy change relate to providing an array of options for students to meet the physical education course requirements for graduation. This encompasses costs associated with bringing the JROTC and marching band courses into compliance with the requirements outlined in CA Education Code including teacher certification, revisions to course of study content, and fitness tests (u)2.2(ire)

Board of Education Executive Summary  
Academic Office: Revised Board Policy 6142.7  
Physical Education Instruction  
January 8, 2015

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

#### Students with Disabilities

The revised policy addresses adaptations to the program to meet the needs of students with disabilities. Students with disabilities will be provided with physical education that is in alignment with their Individualized Education Plan (IEPs) and 504 plans.

#### Physical Education Minutes

The state of CA Education Code (EC) mandates ten minutes every ten days for physical education instruction (EC Section 51210(g), 51223, 51222). 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.



Board of Education Executive Summary  
Academic Office: Revised Board Policy 6142.7  
Physical Education Instruction  
January 8, 2015

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Board of Education Executive Summary  
Academic Office: Revised Board Policy 6142.7  
Physical Education Instruction  
January 8, 2015

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
- x Once approved, reconvene the committee to draft administrative regulations for the policy to provide further guidance on policy implementation

# 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.

(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



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 2007

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 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/ft/>

adopted: November 16, 1998 Sacramento, California

Revised: May 20, 2004 Sacramento, California

Revised: 2013 Sacramento, California

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# Sacramento City USD

## Board Policy

Physical Education

BP 6142.7

Instruction

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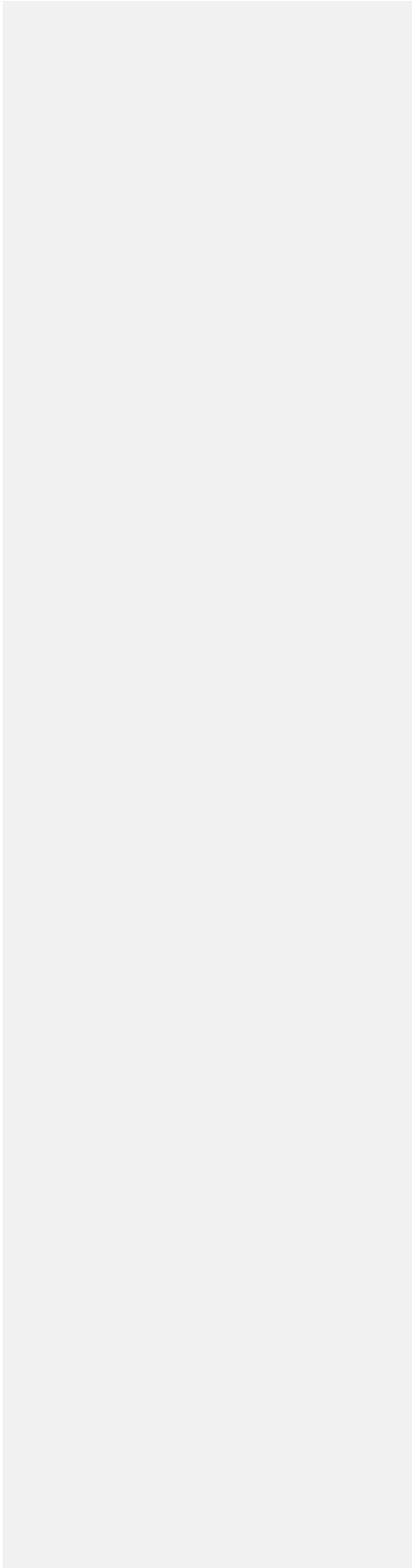






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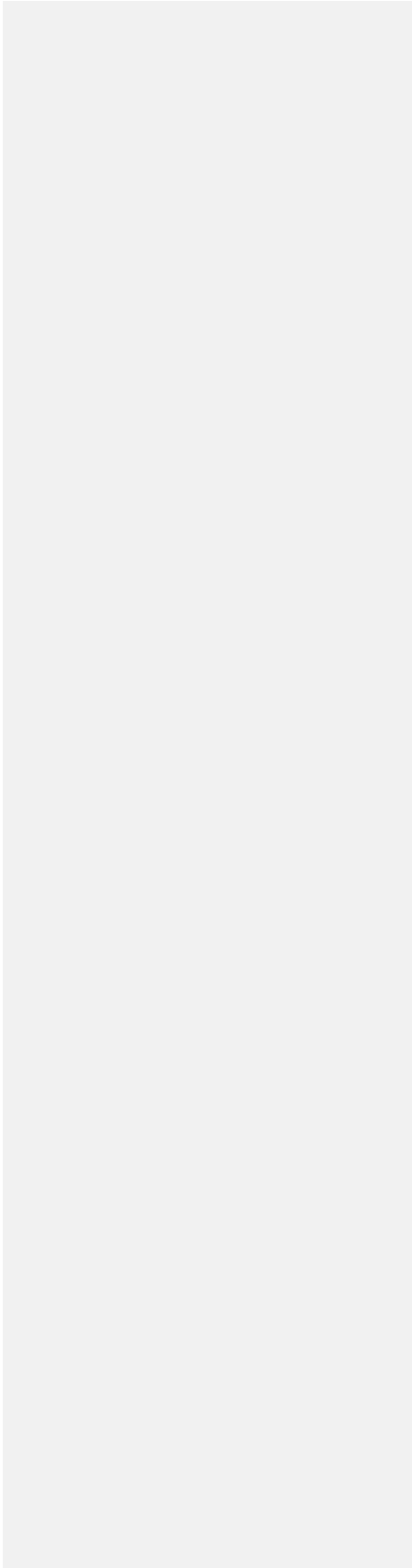
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