



Santa Ana Unified School District

BOARD POLICY NO: 6142.7

EFFECTIVE: 02/26/2019

SUBJECT: **Physical Education and Activity**
CATEGORY: Students
RESPONSIBLE OFFICE: Teaching & Learning

SCOPE:

The Governing Board recognizes the positive benefits of physical activity on student health and academic achievement. The district shall provide all students the opportunity 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. The district's physical education and activity programs shall support the district's coordinated student wellness program and encourage students' lifelong fitness. (cf. 5030 - Student Wellness) (cf. [6142.8](#) - Comprehensive Health Education)

POLICY:

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

The Board shall approve the courses in grades 9-12 for which physical education credit may be granted. (cf. 6146.1 – Graduation Requirements – Senior High School) (cf. 6146.11 - Alternative Credits Toward Graduation)

The district's physical education program shall engage students in moderate to vigorous physical activity, as defined in the accompanying administrative regulation, for at least 50 percent of class or session time. The Superintendent or designee shall develop strategies to monitor the amount of moderate to vigorous physical activity that takes place in the physical education instructional program.

The Superintendent or designee shall ensure that the district's program provides students with equal access and opportunities for instruction and participation regardless of gender, sexual orientation, mental or physical disability, in accordance with law. (cf. [0410](#) - Nondiscrimination in District Programs and Activities)

Students with disabilities shall be provided instruction in physical education in accordance with their Individualized Education Program (IEP) or Section 504 accommodation plan. (cf. 6159 - Individualized Education Program) (cf. 6164.6 - Identification and Education Under Section 504)

During air pollution episodes, extreme weather, or other inclement conditions, physical education staff shall make appropriate adjustments to the program or shall seek alternative indoor space to enable students to participate in active physical education. (cf. 3514 - Environmental Safety) (cf. [5141.7](#) - Sun Safety)

The Superintendent or designee shall develop strategies to supplement physical education instruction with additional opportunities for students to be physically active before, during, and after the school day. (cf. [1330.1](#) - Joint Use Agreements) (cf. [5142.2](#) - Safe Routes to School Program) (cf. [5148](#) - Child Care and Development Program) (cf. [5148.2](#) - Before/After School Programs) (cf. [6145](#) - Extracurricular and Cocurricular Activities)



Santa Ana Unified School District

BOARD POLICY NO: 6142.7

EFFECTIVE: 02/26/2019

SUBJECT: **Physical Education and Activity**
CATEGORY: Students
RESPONSIBLE OFFICE: Teaching & Learning

Staffing

Physical education instruction shall be delivered by appropriately credentialed teachers who may be assisted by instructional aides, paraprofessionals, and/or volunteers. (cf. [1240](#) - Volunteer Assistance) (cf. [4112.2](#) - Certification) (cf. [4112.21](#) - Interns) (cf. [4113](#) - Assignment) (cf. [4222](#) - Teacher Aides/Paraprofessionals)

The district shall provide physical education teachers with continuing professional development, including classroom management and instructional strategies designed to keep students engaged and active and to enhance the quality of physical education instruction and assessment. (cf. 4131 - Staff Development) (cf. 5121 - Grades/Evaluation of Student Achievement)

Physical Fitness Testing

The Superintendent or designee shall annually administer the Physical Fitness Test designated by the State Board of Education to students in grades 5, 7, and 9. (Education Code 60800; 5 CCR 1041)

Temporary Exemptions

The Superintendent or designee may grant a temporary exemption from physical education under either of the following conditions: (Education Code 51241)

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

Two-Year Exemptions

With the student's consent, the Superintendent or designee may exempt a student from physical education courses for any two years during grades 10-12 provided that the student has satisfactorily met at least five of the six standards of the state's Physical Fitness Test in grade 9. (Education Code 51241)

Upon request by students and/or their parents/guardians, the Superintendent or designee may administer the Physical Fitness Test to students in grades 10-12 who need to pass the test in order to qualify for a two-year exemption from physical education courses.

Students in grades 10-12 who have been granted a two-year exemption shall be offered a variety of elective physical education courses of not less than 400 minutes each 10 school days. (Education Code [51222](#))

Such students shall not be permitted to attend fewer total hours of courses and classes than they would have attended if enrolled in a physical education course. (Education Code [51241](#)) (cf. [6112](#) - School Day)



Santa Ana Unified School District

BOARD POLICY NO: 6142.7

EFFECTIVE: 02/26/2019

SUBJECT: **Physical Education and Activity**
CATEGORY: Students
RESPONSIBLE OFFICE: Teaching & Learning

Permanent Exemptions

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

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

Other Exemptions

The Superintendent or designee may grant an exemption from physical education under the following special circumstances:

1. The student in grades 10-12 is excused for up to 24 clock hours in order to participate in automobile driver training. However, any such student shall attend a minimum of 7,000 minutes of physical education instruction during the school year. (Education Code [51222](#)) (Education Code 51222)
2. When the student is in any of grades 10-12, attends a regional occupational center or program, and, because of the travel time involved, would experience hardship to attend physical education courses. Any such student shall have a minimum school day of 180 minutes. (Education Code [52316](#)) (cf. [6178.2](#) - Regional Occupational Center/Program)
3. The student is a four-year or a senior in high school and is engaged in a regular school-sponsored interscholastic athletic program. carried on wholly or partially after regular school hours. (Education Code 51242) (cf. 6145.2 - Athletic Competition)

Program Evaluation

The Superintendent or designee shall annually report to the Board the results of the state physical fitness testing for each school and applicable grade level. He/she shall also report to the Board regarding the number of instructional minutes offered in physical education for each grade level, the 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. (cf. 0500 - Accountability) (cf. 6190 - Evaluation of the Instructional Program)



Santa Ana Unified School District

BOARD POLICY NO: 6142.7

EFFECTIVE: 02/26/2019

SUBJECT: **Physical Education and Activity**
CATEGORY: Students
RESPONSIBLE OFFICE: Teaching & Learning

DESIRED OUTCOME:

SAUSD students will receive the positive health and academic benefits of physical activity. SAUSD students will also be provided with opportunities to be physically active on a regular basis through high-quality physical education instruction and have additional opportunities for physical activity throughout the school day. Finally, SAUSD's physical education and activity programs shall support the district's coordinated student wellness program and encourage students' lifelong fitness.

IMPLEMENTATION GUIDELINES AND ASSOCIATED DOCUMENTS:

Legal Reference:

EDUCATION CODE

33126	School accountability report card
33350-33354	CDE Responsibilities re: physical education
35256	School accountability report card
44250-44277	Credential Types
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 exemption from physical education
51242	Exemption from physical education for athletic program participants
52316	Excuse from attending physical education classes
60800	Physical Performance Test

HEALTH & SAFETY CODE

CODE OF REGULATIONS, TITLE 5

1040-1048	Physical Performance Test
3051.5	Adapted physical education for individuals with exceptional needs
4600-4687	Uniform Complaint Procedures
10060	Criteria for high school physical education programs
80020	Additional assignment authorizations for specific credentials
80037	Designated subjects teaching credential; special teaching authorization in physical education
80046.1	Added authorization to teach adapted physical education

UNITED STATES CODE, TITLE 29

794 Rehabilitation Act of 1973, Section 504

UNITED STATES CODE, TITLE 42

1758b Local wellness policy wellness



Santa Ana Unified School District

BOARD POLICY NO: 6142.7

EFFECTIVE: 02/26/2019

SUBJECT: Physical Education and Activity
CATEGORY: Students
RESPONSIBLE OFFICE: Teaching & Learning

1771-1791 Child Nutrition Act, especially:
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act

ATTORNEY GENERAL OPINIONS

53 Ops.Cal.Atty.Gen 230 (1970)

COURT DECISIONS

Doe v. Albany Unified School District (2010) 190 Cal.App.4th 668

Cal200 et al. v. San Francisco Unified School District et al. (2013), San Francisco Superior Court, Case No. CGC-13-534975

Cal200 et al. v. Oakland Unified School District et al. (San Francisco Superior Court, Case No. CPF-14-513959

Management Resources:

CSBA PUBLICATIONS

Districts at Risk from Lawsuits Regarding PE Instructional Minute Requirement, Legal Alert, May 2015

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, 2012

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012

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

Physical Education and California Schools, Policy Brief, rev. October 2007

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS



Santa Ana Unified School District

BOARD POLICY NO: 6142.7

EFFECTIVE: 02/26/2019

SUBJECT: **Physical Education and Activity**
CATEGORY: Students
RESPONSIBLE OFFICE: Teaching & Learning

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 (SHI): Self-Assessment and Planning Guide 2014

COMMISSION ON TEACHER CREDENTIALING PUBLICATIONS

The Administrator's Assignment Manual, 2007

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>

Commission on Teacher Credentialing: <http://www.ctc.ca.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>



Santa Ana Unified School District

BOARD POLICY NO: 6142.7

EFFECTIVE: 02/26/2019

SUBJECT: **Physical Education and Activity**
CATEGORY: Students
RESPONSIBLE OFFICE: Teaching & Learning

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

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

ADOPTION AND REVISION HISTORY:

Approved: (9-76) (12-01) (3-13) (2-19)

Santa Ana, CA