

**CENTRAL UNION SCHOOL DISTRICT
Administrative Regulation**

**Physical Education
Instruction**

Instructional Time

Physical Fitness Testing

During the month of February, March, April, or May, students in grades 5 and 7 shall be administered the physical fitness test designated by the State Board of Education. (*Education Code 60800*)

(cf. 6162.5 - Student Assessment)

The Superintendent or designee may provide a make-up date for students who are unable to take the test based on absence or temporary physical restriction or limitations, such as students recovering from illness or injury. (*5 CCR 1043*)

Students shall be provided with their individual results after completing the physical performance testing. The test results may be provided in writing or orally as the student completes the testing. (*Education Code 60800; 5 CCR 1043.10*)

Each student's scores on the physical performance test shall be included in his/her cumulative record. (*5 CCR 1044*)

(cf. 5125 - Student Records)

Testing Variations

All students may be administered the state's physical fitness test with the following test variations: (*5 CCR 1047*)

1. Extra time within a testing day
2. Test directions that are simplified or clarified

All students may have the following test variations if they are regularly used in the classroom: (*5 CCR 1047*)

1. Audio amplification equipment
2. Separate testing for individual students provided that they are directly supervised

by the test examiner

3. Manually Coded English or American Sign Language to present directions for test administration

Students with a physical disability and students who are physically unable to take all of the test shall undergo as much of the test as their physical condition will permit. (*Education Code 60800; 5 CCR 1047*)

Students with disabilities may be provided the following accommodations if specified in their individualized education program (*IEP*) or Section 504 plan: (*5 CCR 1047*)

1. Administration of the test at the most beneficial time of day to the student after consultation with the test contractor
2. Administration of the test by a test examiner to the student at home or in the hospital
3. Any other accommodation specified in the student's IEP or Section 504 plan for the physical fitness test

(cf. 6159 - Individualized Education Program)

(cf. 6164.6 - Identification and Education Under Section 504)

Identified English learners may be allowed the following additional test variations if regularly used in the classroom: (*5 CCR 1048*)

1. Separate testing with other English learners, provided that they are directly supervised by the test examiner
2. Test directions translated into their primary language, and the opportunity to ask clarifying questions about the test directions in their primary language

Adverse Environmental Conditions

When adverse environmental conditions such as precipitation, smoke, wind, airborne dust, or nearby defoliation/aerial spraying of crops exist at a school or worksite, the site administrator/supervisor shall take appropriate action to minimize exposure.

Individuals who have documented medical conditions which would be aggravated by such conditions shall be allowed to avoid sustained rigorous activity causing an increased respiratory rate.

The decision to limit outdoor physical activity in such circumstances shall be determined by the on-duty site administrator/supervisor with the use of the San Joaquin Valley Air

Pollution Control District “Daily Air Quality Forecast” and the Real-Time Air Advisory Network (RAAN). In some cases consultation with administrators at nearby schools may be helpful to help ensure consistency. Actions taken pursuant to this policy should be documented and significant events such as the cancellation or rescheduling of major activities should be reported to the Superintendent or designee.

Air Pollution Warnings

The Central Union School District will use the “Daily Air Quality Forecast” and the RAAN developed by the San Joaquin Valley Air Pollution Control District to determine air quality warnings.

Upon notification, District office personnel will notify the site administrators /supervisors.

Staff Responsibility

A. Advanced Planning by Site Staff

1. Develop and maintain a file or database containing the names and locations of susceptible students and employees who have documented cardiac, respiratory, or other medical conditions, which may be aggravated.
2. Review with staff plans and procedures to be followed for those at high risk and for all students during the various levels of air pollution warnings.
3. Discuss alternative activities and programs available during an air pollution warning with physical education teachers, coaches, and others who direct or supervise strenuous activity programs.
4. Develop a plan to disseminate information to students and employees.

B. Special Instructions for Site Administrators and Supervisors

1. Students and employees with special health problems shall follow the precautions recommended by their physicians. In the absence of physician recommendations, outdoor activities should be curtailed in accordance with suggestions listed under each warning level as specified above.
2. Physical education activities should be modified or cancelled based upon warning levels listed above.
3. Compliance with restrictions of physical activities due to a declared air pollution warning shall be the responsibility of the site administrator and be guided by the recommended actions specified above.
4. Personal judgment should be used and appropriate protective action taken when additional environmental conditions exist at the school or worksite regardless of declared warning status.
5. Site administrators, supervisors, and teachers supervising physical activities may take independent actions to protect the health of students and employees.

Exercise Activity Level During Extreme Heat and Poor Air Quality

The following information is to be used at all schools in the District in relationship to physical education, athletics and other outdoor school activities. The regulations are in alignment with the San Joaquin Valley Air Pollution Control District and Lemoore Naval Air Station's guidelines for exercise activity level for heat and air quality.

HEAT

Condition Red (*Red Flag*): Mandatory physical activity should be suspended for all students with less than twelve (12) weeks acclimatization to the environment. Physical activity should be limited for all students with twelve or more weeks acclimatization to the environment.

Condition Black (*Black Flag*): Physical activities for all students should be suspended.

NOTIFICATION

The Department of Industrial Hygiene on the Lemoore Naval Air Station will call the administrators at both Akers and Neutra Schools when either of the heat conditions exists. These schools will notify the Superintendent or his designee of the condition called. The Superintendent or his designee then will notify the administrators at Central and Stratford Schools.

AIR QUALITY

Central Union School District will utilize the Daily Air Quality Index and the Real-Time Air Advisory Network (RAAN) of the San Joaquin Valley Air Pollution Control District to ascertain the air quality on a regular basis. The District will provide the daily forecast of Air Quality to the school sites. School Sites may use the RAAN information to adjust activities accordingly throughout the day as air quality fluctuates.

At Levels 1 and 2, almost everyone can safely exercise outdoors. At level 3, sensitive individuals should limit outdoor exercise. At level 4, everyone should limit outdoor exercise. And at level 5, everyone should not exercise outdoors.

Refer to the following chart for advisory on outdoor activities.

Index Values	Level	Air Quality Description (Color Description)	Health Cautionary Statement
1-50	One	Good (Green)	Level One No restrictions
51-100	Two	Moderate (Yellow)	Level Two No restrictions, ensure that sensitive individuals are medically managing their condition *
101-150	Three	Unhealthy for Sensitive Groups (Orange)	<p>Level Three indicates that the level of air pollution is high enough for sensitive members of the population to experience ill health effects. Depending on the type of pollution, individuals with lung disease or heart disease may be considered most vulnerable. Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.</p> <p>Level Three results from high ozone smog or fine particle pollution, sensitive individuals are at risk and are advised to avoid going outdoors. <i>No organized outdoor physical education or sports for sensitive individuals.</i></p>
151-200	Four	Unhealthy (Red)	<p>Level Four indicates that the level of air pollution is high enough for everyone to suffer health effects. Members of the population who are particularly sensitive to pollution could experience more severe effects with air quality at Level Four.</p> <p>Accordingly, all children are advised to avoid outdoor exertion when air quality is at Level Four. <i>No organized outdoor physical education, sports and limited playground play for all students.</i></p>
201-300	Five	Very Unhealthy (Purple)	<p>Pollution on Level Five is significant enough for the entire population to be in danger of more severe health consequences. Children (<i>especially sensitive groups</i>) are a higher risk for ill health effects from poor air quality when on Level Five; even the simple act of playing outdoors can become a health hazard. <i>No organized outdoor physical education, sports and no recess play for all students.</i></p>

*Sensitive individuals include all those with asthma or other heart/lung conditions

(References AirNow.Gov, San Joaquin Valley Air Board, ValleyAir.Org)

Students should be encouraged to drink water and have unlimited access to water before, during and after any physical activity. Recess, P.E. Athletics (*including dance, chorus, cheerleading practice or other similar activities*), and Fun Friday activities should be moved indoors if possible, otherwise suspended when these conditions occur.

Regulation

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Central Union School District

Lemoore, California 93245