

CENTRAL UNION SCHOOL DISTRICT
Board Policy

BP 6142.7 (a)

Instruction

Physical Education

The Governing Board recognizes the positive benefits of physical activity on student health and academic achievement. The Board desires to provide a physical education program that supports the District's coordinated student wellness program, provides an adequate amount of moderate to vigorous physical activity, builds interest and proficiency in movement skills, and encourages students' lifelong fitness through physical activity. 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. 5030 - Student Wellness)

(cf. 5121 - Grades/Evaluation of Student Achievement)

(cf. 6142.8 - Comprehensive Health Education)

(cf. 6145.2 - Athletic Competition)

The Board shall approve the components of the physical education program. The District's program shall be aligned with state model content standards and curriculum frameworks for physical education.

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

The District's program shall provide equal opportunities for participation in physical education instruction regardless of gender.

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

An appropriate alternative activity or exemption from the physical education class shall be provided for a student with disabilities in accordance with his/her individualized education program or Section 504 accommodation plan.

(cf. 6159 - Individualized Education Program)

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

Air Pollution Warnings and Adverse Air Quality Conditions

Physical education staff shall appropriately adjust the amount or type of physical exercise required of students during air pollution episodes, hot weather, or other inclement conditions or as needed to accommodate individual student health needs.

The Governing Board recognizes the importance of taking precautions to protect students and employees during adverse air quality conditions and declared air pollution warnings. While air pollution affects everyone negatively to some degree, certain individuals are more susceptible to deleterious health effects. Young children whose respiratory systems are still developing, those who suffer from existing heart or

respiratory diseases, and healthy individuals or athletes who exercise vigorously are particularly at risk.

The Central Union School District has adopted rules and regulations which require public notification (*including schools*) when air pollution concentrations reach levels which could endanger public health. If pollutant concentrations reach established levels, an official determination will be made by the Central Union School District to declare an Air Pollution Warning at one of the following stages:

HEALTH ADVISORY WARNING

- STAGE I Unhealthy for Sensitive Groups, "Orange"
- STAGE II Unhealthy, "Red"
- STAGE III Very unhealthy, "Purple"
- STAGE IV Warning Hazardous, "Deep Purple"

Upon notification that an pollution warning is declared, District office staff will immediately notify school site administrators who will be responsible for notifying all students and staff members present. Administrators shall prepare to modify programs and activities if students or employees are required to engage in prolonged strenuous physical activities. In determining whether an activity should be conducted during such a warning, supervising personnel shall consider each proposed activity to determine its potential for increased respiration rates. The intensity and duration (*more than ½ hour*) of a proposed activity may be the deciding factor as to whether it shall be retained or excluded from the program that day.

Site administrators shall have the authority to consider additional factors in decisions affecting the exposure of students and employees to adverse air quality conditions including precipitation, smoke, wind, airborne dust, and nearby defoliation or aerial spraying of crops.

When air pollution warnings are declared or when significant environmental conditions exist, individuals with documented heart or respiratory conditions shall be allowed to avoid sustained rigorous activity causing an increased respiratory rate.

The District's physical education program shall be provided by appropriately credentialed teachers. Continuing professional development shall be offered to physical education teachers and to classroom teachers serving as instructors of physical education in order to enhance the quality of instruction and the variety of activities offered.

(cf. 4112.2 - Certification)

(cf. 4131 - Staff Development)

(cf. 4222 - Teacher Aides/Paraprofessionals)

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)

The Superintendent or designee shall annually report to the Board the results of the 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 as described below, 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. 6190 - Evaluation of the Instructional Program)

The Superintendent or designee shall report the aggregate results of the physical fitness testing in the annual school accountability report card required by Education Code 33126 and 35256. (Education Code 60800)

(cf. 0510 - School Accountability Report Card)

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.

Legal Reference:

EDUCATION CODE

33126 School accountability report card
33350-33354 CDE responsibilities re: 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 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

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
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 PROGRAM ADVISORIES
0418.89 Physical Education, April 18, 1989
CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS
Physical Education Model Content Standards for California Public Schools: Kindergarten Through Grade 12, January 2005
Physical Education Framework for California Public Schools: Kindergarten Through Grade 12, 1996
CALIFORNIA DEPARTMENT OF HEALTH SERVICES PUBLICATIONS
School Idea and Resource Mini Kit, 2000
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
NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS
Fit, Healthy and Ready to Learn, 2000
WEB SITES
CSBA: <http://www.csba.org>
California Department of Education, Physical Fitness Testing: <http://www.cde.ca.gov/ta/tg/pf>
California Department of Health Services, School Health Connections: <http://www.dhs.ca.gov/ps/cdic/shc/default.htm>
California Healthy Kids Resource Center: <http://www.californiahealthykids.org>
Centers for Disease Control and Prevention: <http://www.cdc.gov>
Educational Data System, California physical fitness: <http://www.eddata.com/projects/current/cpf>
FITNESSGRAM, Cooper Institute: <http://www.fitnessgram.net>
Healthy People 2010: <http://www.healthypeople.gov>
National Association for Sports and Physical Education: <http://www.aahperd.org/naspe>
National Association of State Boards of Education (NASBE): <http://www.nasbe.org>
National School Boards Association: <http://www.nsba.org>
The California Endowment: <http://www.calendow.org>

Policy

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Central Union School District

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