



Date: August 17, 2010
 To: Dr. J. Brian Sarvis, Superintendent
 From: Robin Sawaske, Associate Superintendent
 Subject: First Reading of Selected Revised and Replaced Board Policies and Administrative Regulations in the 6000 Series
 Conference Item: X

Background

As new and/or revised federal regulations and California Education Code becomes law and when legal cases affect board policies, the California School Boards Association provides our districts with updated samples of new or replacement policies.

School board policies and administrative regulations in the 6000 series cover the topic of instruction. Following is a list of the revised and replaced 6000 series policies and administrative regulations.

- BP 6142.7 Physical Education and Activity (*replaced*)
- AR 6142.7 Physical Education and Activity (*replaced*)
- BP 6153 School-Sponsored Trips (*revised*)
- AR 6153 School Sponsored Trips (*revised*)
- AR 6155 Challenging Courses by Examination (*revised*)

Attached is a summary describing changes for these policies and administrative regulations.

Fiscal Impact and Funding Source

No fiscal impact to the unrestricted general fund.

Recommendation

The board of education reviews the selected revised and replaced policies and administrative regulations in the 6000 series and provides feedback to staff for the second reading and adoption.

Attachment(s)?	X	Yes (<i>please attach</i>)		No		<i>PowerPoint</i>		<i>Overhead</i>		<i>Consultant</i>
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Summary of changes for replaced policies and regulations

BP 6142.7 - Physical Education and Activity

Policy retitled and revised to incorporate opportunities for physical activity outside of the regular physical education curriculum. Policy also adds Board approval of courses that qualify for P.E. credit and establishes expectation that 50 percent of P.E. class time will be spent in moderate to vigorous physical activity.

AR 6142.7 - Physical Education and Activity

Regulation retitled and revised to incorporate opportunities for physical activity outside of the regular physical education curriculum. Regulation also adds sections on "Definitions" and "Monitoring of Moderate to Vigorous Physical Activity," and adds optional language on providing physical fitness test results to parents/guardians.

Santa Barbara School Districts

Board Policy

BP 6142.7

Instruction

PHYSICAL EDUCATION

The Board of Education recognizes the positive benefits of physical activity for student health and academic achievement. The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. The Board desires to expose students to a variety of physical activities with the aim of finding an activity that each student enjoys and wants to pursue over the course of their life. Besides promoting high levels of personal achievement and a positive self-image, physical education activities shall 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. 6145.2 - Athletic Competition)
(cf. 6146.1 - High School Graduation Requirements)
(cf. 6190 - Evaluation of the Instructional Program)

The Board shall approve the components of the physical education program. The district's program shall include a variety of kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance.

(cf. 6143 - Courses of Study)

An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion.

(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

The Superintendent or designee may grant *temporary* exemption from physical education under any of the following conditions:

1. The student is ill or injured and a modified program to meet his/her needs cannot be provided. (Education Code 51241)
2. The student is enrolled for one-half time or less. (Education Code 51241)
3. The student in grades 10-12 is excused for up to 24 clock hours in order to participate in automobile driver training. (Education Code 51222)

The Superintendent or designee may exempt students, with their consent, from any two years of physical education courses during grades 10-12. (Education Code 51241)

The Superintendent or designee may excuse any student in grades 10-12 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 a high school student from physical education if he/she 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)

(cf. 6146.11 - Alternative Credits toward Graduation)

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 enrolled 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 scheduled recreation and exercise

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

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: SANTA BARBARA SCHOOL DISTRICTS
Adopted: May 8, 2007 Santa Barbara, California
Revised: May 5, 2009

Santa Barbara School Districts

Administrative Regulation

AR 6142.7

Instruction

PHYSICAL EDUCATION

Physical education is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle.

Physical activity refers to participation in physical activity. Physical activity programs may provide participants with structured activity (games, sports, etc.), unstructured activity (walking programs, dance, etc.), or opportunities to participate in physical activity in the daily routine (walk-to-school programs, etc.).

Physical Education

All K-12 students (including students with disabilities and/or special health-care needs and those in alternative educational settings) will receive physical education instruction as designated (Education Code 51210, 51222, and 51223):

- A minimum of 200 minutes for every 10 school days for students in grades 1-6
- A minimum of 400 minutes for every 10 school days for students in grades 7-12

Students in grades 10-12 who are exempted from physical education pursuant to Education Code 51241(b)(1) or (c) 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. Students in a regional occupational program or center who are exempted from physical education pursuant to Education Code 52316 shall have a minimum school day of 180 minutes. (Education Code 51241, 52316)

A student may receive physical education credit from any course that meets the objectives and criteria of the districts' physical education program, adequately prepares students for state physical fitness performance tests, and is taught by a teacher holding a physical education credential. The Superintendent or designee shall evaluate whether a particular course meets these criteria.

Student participation in other courses that teach physical education standards (e.g., interscholastic sports, Marching Band, Theater Arts (Dance), Drill/Flag team, or Cheerleading, etc.) may be substituted for meeting the physical education requirement. Students shall be required to take 10 units of PE in the ninth grade, and may be granted up to one semester of alternate credit per year for PE, during grades 9-12, for Marching Band, Theater Arts (Dance), Drill/Flag team, or Cheerleading, to equal 20 units of PE, fulfilling the graduation requirement. Alternate credit PE course instructors are required to collaborate with credentialed PE instructors to ensure students receive instruction meeting CA State Standards in Physical Education. Students must demonstrate a passing score on the CA physical fitness test taken in the ninth grade to gain a waiver for up to two years of PE in grades 10-12.

Schools shall provide all students in kindergarten through grade twelve (K-12) the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

Temporary exemptions from physical education shall be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. (Education Code 51241)

High school students who are exempt from two years of physical education in grades 10, 11, or 12, per local district policy, must be provided with the opportunity to participate in a variety of physical education elective courses. (Education Code 51222(b) and 51241)

High school physical education course content will include each of the following areas: (5 CCR 10060)

- Effects of physical activity on dynamic health
- Mechanics of body movement
- Aquatics
- Gymnastics and tumbling
- Individual and dual sports
- Rhythm and dance
- Team sports
- Combatives.

Physical education instruction is delivered by a teacher credentialed to teach physical education. (Education Code 44203)

Class size is consistent with the requirements of good instruction and safety. (5 CCR 10060)

Teachers and other school and community personnel will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. (Education Code 49001)

Temporary Medical Exemptions from Physical Education

A parent/guardian written request to excuse the student from physical education will be accepted for a period not to exceed three days.

A completed Physical Education Medical Exemption form (Exhibit 6142.7) from the student's health care provider must be presented to the school when a student's illness or injury exceeds more than three days and/or requires a modified program to meet his/her needs.

Physical Performance Testing

During the month of February, March, April or May, students in grades 5, 7 and 9 shall undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to take the entire test shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

(cf. 6162.5 - Student Assessment)

Students shall be provided with their individual results after completing the physical performance testing. The test results may be provided orally as the student completes the testing. (Education Code 60800)

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

(cf. 5125 - Student Records)

Facilities for Physical Education Instruction

School personnel shall minimize the use of physical education facilities for non-instructional purposes during the school day.

Professional Development

Teachers assigned to deliver physical education instruction shall receive focused, on-going professional development related to curriculum, instruction, and assessment in physical education.

Goals for Student Learning

The CDE's 2004 *Physical Education Model Content Standards for California Public Schools: Kindergarten through Grade Twelve* outlines the essential skills and knowledge that all students need for maintaining a physically active lifestyle.

The five overarching standards state that students shall:

- Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
- Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performing physical activities.
- Assess and maintain a level of physical fitness to improve health and performance.
- Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performing physical activities.

Physical Activity

Daily Recess

All elementary school students shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools shall encourage moderate-to-vigorous physical activity, including the provision of space and equipment.

Integrating Physical Activity into the Classroom

Schools shall discourage extended periods (i.e., periods of two or more hours) of inactivity. For example, when activities such as mandatory school wide testing necessitate that students remain indoors for long periods of time, schools shall give students periodic breaks during which they are encouraged to stand and be moderately active.

Opportunities for Physical Activity Before and After School

Schools shall offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

All elementary, middle, and high schools shall offer extracurricular physical activity programs, such as physical activity clubs, intramural programs, and special events that focus on physical activity. High schools and middle schools shall offer interscholastic sports programs, as appropriate.

After school child care and after school enrichment programs shall provide and encourage daily periods of moderate-to-vigorous physical activity for all participants, including the provision of space and equipment.

Safe Routes to School

The school district shall assess and, if necessary, improve students' ability to safely walk and bike to school. When appropriate, the district shall collaborate with local public works, public safety, and/or police departments to achieve safe routes for walking and biking to school.

The school district shall explore the availability of federal "safe routes to school" funds, administered by the State Department of Transportation, to finance such improvements.

The school district shall encourage students to use public transportation when available and appropriate for travel to and from school and shall work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours

School facilities and open spaces at school shall be made available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacation periods. School facilities and open spaces also shall be made available to community agencies and organizations that offer physical activity and nutrition programs.

Student Safety during Physical Activity

The school/district shall establish rules and procedures concerning safety for students and staff and assign responsibility for these rules and procedures appropriately.

The school/district, working in collaboration with community health officials, shall establish local standards for weather and air quality regarding students' participation in outdoor physical activity.

The school/district shall ensure that students and staff have access to appropriate hydration such as water.

The school/district, in conjunction with a credentialed school nurse, shall develop an emergency response system to expedite aid to students and/or staff that are injured or become ill at school. The emergency response system shall be communicated to the school community, and the necessary training and practice shall take place on a regular basis.

Facilities and equipment used for physical activity shall be properly monitored and maintained to ensure participants' safety.

School staff shall receive opportunities for training in first aid and cardiopulmonary resuscitation (CPR).

School staff shall receive notification and be trained, as allowed by law, in the use of any necessary medications that students are authorized to carry and/or use.

The school/district, in conjunction with a credentialed school nurse, shall develop policies that outline guidelines for student participation in physical activity at school when they have a medical condition. These policies shall be communicated to all members of the school community and be designed to protect students' well-being and provide for maximum participation of students in physical activity, at an appropriate level.

Physical Activity for School Staff

The school/district shall plan, establish, and implement activities to promote physical activity among staff and provide staff with convenient opportunities to engage in regular physical activity.

Regulation: SANTA BARBARA SCHOOL DISTRICTS
Adopted: May 8, 2007 Santa Barbara, California
Revised: May 5, 2009

Santa Barbara School Districts

Board Policy

Instruction

BP 6142.7

PHYSICAL EDUCATION AND ACTIVITY

The Board of Education 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)

The district's physical education program shall provide a developmentally appropriate sequence of instruction aligned with the state's model content standards and curriculum framework. The Superintendent or designee shall ensure that the district's program provides students with equal opportunities for instruction and participation regardless of gender in accordance with law.

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

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

A student may receive physical education credit from any course that meets the objectives and criteria of the districts' physical education program, adequately prepares students for state physical fitness performance tests, and is taught by a teacher holding a physical education credential. The Superintendent or designee shall evaluate whether a particular course meets these criteria.

Student participation in other courses that teach physical education standards (e.g., interscholastic sports, Marching Band, Theater Arts (Dance), Drill/Flag team, or Cheerleading, etc.) may be substituted for meeting the physical education requirement. Students shall be required to take 10 units of PE in the ninth grade and may be granted up to one semester of alternate credit per year for PE, during grades 9-12, for fulfilling the graduation requirement. Alternate credit PE course instructors are required to collaborate with credentialed PE instructors to ensure students receive instruction meeting CA State Standards in Physical Education. Students must demonstrate passing score on the CA physical fitness test taken in the ninth grade to gain a waiver for up to two years of PE in grades 10-12.

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 - High School Graduation Requirements)

(cf. 6146.11 - Alternative Credits Toward Graduation)

Students with disabilities shall be provided instruction in physical education in accordance with their individualized education program 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)

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. 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.

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. (Education Code 51222)
2. The student in grades 10-12 attends a regional occupational center or program and attendance in physical education courses results in hardship because of the travel time involved. (Education Code 52316)
3. The student is 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)

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, 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*
- 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

- 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

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

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 PUBLICATIONS

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 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/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>

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>

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

The California Endowment: <http://www.calendow.org>

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

Policy: SANTA BARBARA SCHOOL DISTRICTS
Adopted: May 8, 2007 Santa Barbara, California
Revised: May 5, 2009

Santa Barbara School Districts

Administrative Regulation

Instruction

AR 6142.7

PHYSICAL EDUCATION AND ACTIVITY

Definitions

Physical education is a sequential educational program that teaches students to understand and participate in regular physical activity for developing and maintaining physical fitness throughout their lifetimes, understand and improve their motor skills, enjoy using their skills and knowledge to establish a healthy lifestyle, and understand how their bodies work.

Physical activity is bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure, including exercise, sport, dance, and other movement forms.

Moderate physical activity is any activity which generally requires sustained, rhythmic movements and refers to a level of effort a healthy individual might expend while, for example, walking briskly, dancing, swimming, or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity.

Vigorous physical activity is any activity which generally requires sustained, rhythmic movements and refers to a level of effort a healthy individual might expend while, for example, jogging, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill. Vigorous physical activity may be intense enough to result in a significant increase in heart and respiration rate.

Instructional Time

Instruction in physical education shall be provided for a total period of time of not less than 200 minutes each 10 school days for students in grades 1-6 and not less than 400 minutes each 10 school days for students in grades 7-12. (Education Code 51210, 51222)

Students in grades 10-12 who have been granted a two-year exemption pursuant to Education Code 51241(b) shall be offered a variety of elective physical education courses of not less than 400 minutes each 10 school days. (Education Code 51222)

Students in grades 10-12 who have been granted a two-year or permanent exemption from physical education pursuant to Education Code 51241(b)(1) or (c) 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)

Students in a regional occupational program or center who are exempted from physical education pursuant to Education Code 52316 shall have a minimum school day of 180 minutes. (Education Code 52316)

(cf. 6178.2 - Regional Occupational Center/Program)

Physical Fitness Testing

During the annual assessment window between the months of February through May, students in grades 5, 7, and 9 shall be administered the physical fitness test designated by the State Board of Education. (Education Code 60800; 5 CCR 1041)

(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)

On or before November 1 of each school year, the Superintendent may designate an employee to serve as the district's physical fitness test coordinator and so notify the test contractor. The test coordinator shall serve as the liaison between the district and California Department of Education for all matters related to the physical fitness test. His/her duties shall be those specified in 5 CCR 1043.4, including, but not limited to, overseeing the administration of the test and the collection and return of all test data to the test contractor. (5 CCR 1043.4)

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 and shall be included in his/her cumulative record. (Education Code 60800; 5 CCR 1043.10, 1044)

(cf. 5125 - Student Records)

Each student's test results shall also be provided to his/her parents/guardians.

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)

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

Physical Activity

Daily Recess

All elementary school students shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools shall encourage moderate-to-vigorous physical activity, including the provision of space and equipment.

Integrating Physical Activity into the Classroom

Schools shall discourage extended periods (i.e., periods of two or more hours) of inactivity. For example, when activities such as mandatory school wide testing necessitate that students remain indoors for long periods of time, schools shall give students periodic breaks during which they are encouraged to stand and be moderately active.

Opportunities for Physical Activity Before and After School

Schools shall offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

All elementary, middle, and high schools shall offer extracurricular physical activity programs, such as physical activity clubs, intramural programs, and special events that focus on physical activity. High schools and middle schools shall offer interscholastic sports programs, as appropriate.

After school child care and after school enrichment programs shall provide and encourage daily periods of moderate-to-vigorous physical activity for all participants, including the provision of space and equipment.

Safe Routes to School

The school district shall assess and, if necessary, improve students' ability to safely walk and bike to school. When appropriate, the district shall collaborate with local public works, public safety, and/or police departments to achieve safe routes for walking and biking to school.

The school district shall encourage students to use public transportation when available and appropriate for travel to and from school and shall work with the local transit agency to provide transit passes for students.

Student Safety during Physical Activity

The school/district shall establish rules and procedures concerning safety for students and staff and assign responsibility for these rules and procedures appropriately.

The school/district, working in collaboration with community health officials, shall establish local standards for weather and air quality regarding students' participation in outdoor physical activity.

The school/district shall ensure that students and staff have access to appropriate hydration such as water.

The school/district, in conjunction with a credentialed school nurse, shall develop an emergency response system to expedite aid to students and/or staff that are injured or become ill at school. The emergency response system shall be communicated to the school community, and the necessary training and practice shall take place on a regular basis.

Facilities and equipment used for physical activity shall be properly monitored and maintained to ensure participants' safety.

School staff shall receive opportunities for training in first aid and cardiopulmonary resuscitation (CPR).

School staff shall receive notification and be trained, as allowed by law, in the use of any necessary medications that students are authorized to carry and/or use.

The school/district, in conjunction with a credentialed school nurse, shall develop policies that outline guidelines for student participation in physical activity at school when they have a medical condition.

These policies shall be communicated to all members of the school community and be designed to protect students' well-being and provide for maximum participation of students in physical activity, at an appropriate level.

Physical Activity for School Staff

The school/district shall plan, establish, and implement activities to promote physical activity among staff and provide staff with convenient opportunities to engage in regular physical activity.

Regulation: SANTA BARBARA SCHOOL DISTRICTS
Adopted: May 8, 2007 Santa Barbara, California
Revised: May 5, 2009

Santa Barbara School Districts

Board Policy

Instruction

BP 6153

SCHOOL-SPONSORED TRIPS

The Board of Education recognizes that school-sponsored trips are an important component of a student's development and supplement and enrich the classroom learning experience. School-sponsored trips may be conducted in connection with the district's course of study or school-related social, educational, cultural, athletic, school band activities, or other extracurricular or cocurricular activities. A field trip to a foreign country may be permitted to familiarize students with the language, history, geography, natural science, and other studies relative to the district's course of study.

(cf. 6143 - Courses of Study)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic Competition)

Requests for school-sponsored trips involving out-of-state, out-of-country, or overnight travel shall be submitted to the Superintendent or designee. The Superintendent or designee shall review the request and make a recommendation to the Board as to whether the request should be approved by the Board. All other school-sponsored trips shall be approved in advance by the principal and submitted to the Superintendent or designee.

(cf. 3312.2 - Educational Travel Program Contracts)

The principal shall establish a process for approving a staff member's request to conduct a school-sponsored trip. When planning trips, staff shall consider student safety, objectives of instruction, the most effective use of instructional time, the distance from school, district and student expense, and transportation and supervision requirements. Principals may exclude from the trip any student whose presence on the trip would pose a safety or disciplinary risk.

(cf. 3530 - Risk Management/Insurance)

(cf. 3541.1 - Transportation for School-Related Trips)

(cf. 5142 - Safety)

(cf. 5143 - Insurance)

(cf. 5144 - Discipline)

(cf. 5144.1 - Suspension and Expulsion/Due Process)

No field trip shall be authorized if any student would be excluded from participation because of a lack of sufficient funds. The Superintendent or designee shall coordinate with community groups to supply funds for students in need. (Education Code 35330)

(cf. 1230 - School-Connected Organizations)

(cf. 1321 - Solicitation of Funds from and by Students)

(cf. 1700 - Relations Between Private Industry and the Schools)

District funds shall not be used to pay student expenses for out-of-state or out-of-country field trips or excursions. However, expenses of instructors, chaperones, and other personnel participating in such trips,

as well as incidental expenses for the use of district equipment during the trip, may be paid from district funds. (Education Code 35330)

Legal Reference:

EDUCATION CODE

8760 *Authorization of outdoor science and conservation programs*
32040-32044 *First aid equipment: field trips*
35330 *Excursions and field trips*
35331 *Provision for medical or hospital service for pupils (on field trips)*
35332 *Transportation by chartered airline*
35350 *Transportation of students*
44808 *Liability when pupils not on school property*
48908 *Duties of pupils; authority of teachers*

BUSINESS AND PROFESSIONS CODE

17540 *Travel promoters*
17550-17550.9 *Sellers of travel*
17552-17556.5 *Educational travel organizations*

Management Resources:

WEB SITES

American Red Cross: <http://www.redcross.org>
California Association of Directors of Activities: <http://www.cada1.org>
U.S. Department of Homeland Security: <http://www.dhs.gov>

Policy: SANTA BARBARA SCHOOL DISTRICTS
Adopted: May 5, 2009 Santa Barbara, California

Santa Barbara School Districts

Administrative Regulation

Instruction

AR 6153

SCHOOL-SPONSORED TRIPS

Supervision

Students on school-sponsored trips are under the jurisdiction of the district and shall be subject to district and school rules and regulations.

(cf. 5131 - Conduct)

(cf. 5131.1 - Bus Conduct)

(cf. 5144 - Discipline)

(cf. 5144.1 - Suspension and Expulsion/Due Process)

The Superintendent or designee shall ensure that adequate supervision by at least one certificated staff member is provided on all school-sponsored trips and that there is an appropriate ratio of adults to students present on the trip. If the trip involves water activities, this ratio shall be revised as necessary.

Parent/Guardian Permission

Before a student can participate in a school-sponsored trip, the teacher shall obtain parent/guardian permission for the trip. Whenever a trip involves water activities, the parent/guardian shall provide specific permission for his/her child to participate in the water activities. The district shall provide an alternative educational experience for students whose parents/guardians do not wish them to participate in a trip.

All persons making the field trip or excursion shall be deemed to have waived all claims against the district or the State of California for injury, accident, illness, or death occurring during or by reason of the field trip or excursion. All adults taking out-of-state field trips or excursions and all parents/guardians of students taking out-of-state field trips or excursions shall sign a statement waiving such claims. (Education Code 35330)

Safety Issues

1. While conducting a trip, the teacher, employee, or agent of the school shall have the school's first aid kit in his/her possession or immediately available. (Education Code 32041)

Whenever trips are conducted in areas known to be infested with poisonous snakes, the first aid kit taken on the trip shall contain medically accepted snakebite remedies. In addition, a teacher, employee, or agent of the school who has completed a first aid course which is certified by the American Red Cross and which emphasizes the treatment of snakebites shall participate in the trip. (Education Code 32043)

2. The district shall provide or make available medical and/or hospital insurance for students injured while participating in any excursion or field trip. (Education Code 35331)

(cf. 3541.1 - Transportation for School-Related Trips)

(cf. 5143 - Insurance)

3. If the Superintendent or designee receives threat level warnings from the Homeland Security Advisory System pertaining to the destination of a school-sponsored trip, he/she shall implement precautions necessary to protect the safety of students and staff.

(cf. 0450 - Comprehensive Safety Plan)

(cf. 3516 - Emergencies and Disaster Preparedness Plan)

4. Lifeguards are required for all swimming activities. If the activity is at a swimming pool other than the district, the owner of the pool shall provide a certificate of insurance, designating the district as an additional insured, for not less than \$2,000,000 in liability coverage. Staff shall determine supervisory responsibilities for all chaperones.

(cf. 3530 - Risk Management/Insurance)

(cf. 5141.7 - Sun Safety)

5. Before trips of more than one day, the principal or designee may hold a meeting for staff, chaperones, parents/guardians, and students to discuss safety and the importance of safety-related rules for the trip.

(cf. 5142 - Safety)

Regulation: SANTA BARBARA SCHOOL DISTRICTS
Adopted: May 5, 2009 Santa Barbara, California

Santa Barbara School Districts

Administrative Regulation

Instruction

AR 6155

CHALLENGING COURSES BY EXAMINATION

Petition to Challenge Course

Currently enrolled students and entering ninth-grade students and new enrollees interested in challenging a course shall file a petition form with their counselor. The courses that currently offer challenge examinations are high school health and economics. ~~While successful challenge will exempt a student from those specific courses required for graduation, the student is still responsible for the total units required for graduation.~~

A student wishing to challenge a course for which the district does not offer a standard challenge examination may file a petition with their school counselor. The counselor shall inform the course instructor of the student's intent to challenge the course. The student shall be allowed to challenge the course by examination if his/her petition is signed by the counselor, department chair, and parent/guardian. The student's petition shall include, but not be limited to, the following:

1. Grades in courses of the subject area of the challenge
2. Recommendations from a teacher
3. Substitute courses to be taken by the student if he/she successfully challenges a course
4. Student's rationale or reasons for challenging a specific course

If a petition is denied, an appeal can be made to the principal of the school in which the student is enrolled. Following a denial at the school level an appeal may be made to the Superintendent or designee and that decision shall be final.

Test Content and Administration

The principal and department chairpersons shall collaborate with teachers in the development of appropriate district-wide testing procedures and materials for the classes that may be challenged within each department. California State Standards and frameworks shall determine the content and the type of evaluation to be used. The examination may be written, oral, by demonstration, or any combination thereof.

The type of test administered shall depend on the course outline. The department chairperson or designee shall supervise the administration and evaluation of tests pertaining to the department.

The student must earn a passing score on a challenge exam in order to successfully challenge a course. The designation and cut points for Pass/Not Pass, a letter grade along with what shall constitute a passing letter grade, or any other grading method will be preset by the Curriculum Board with the approval of the Associate Superintendent or designee. If the challenge exam was taken to replace a previous grade in a course and the exam was passed, the grade will be directly replaced with no extra credits being assigned. If the challenge exam was taken prior to taking a course and the exam was passed, then the grade received in the challenge exam and the normal credits assigned for the course shall be entered on the transcript. If the challenge exam was not passed, no action will be taken.

Regulation: SANTA BARBARA SCHOOL DISTRICTS
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