

Santa Barbara School District's 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 (*EC* sections 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)

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 insure 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. (EC Section 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. (EC sections 51222(b) and 51241)

High school physical education course content will include each of the following areas:

- 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.

(California Code of Regulations (CCR), Title 5, Section 10060)

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

Class size is consistent with the requirements of good instruction and safety. (CCR, Title 5, Section 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. (EC Section 49001)

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 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
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