

OAKLAND UNIFIED SCHOOL DISTRICT

Board Policy

Instruction

BP 6142.7

Physical Education and Physical Activity

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement. The Board supports a physical education program that 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.

The Oakland Unified School District recognizes that physical fitness and motor development of children in schools is of equal importance to that of core elements of the curriculum, and therefore shall be enforced with the same rigor.

(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 Physical Education program shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students, regardless of ability, to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthy physical activity, as outlined in the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve and the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve.

Instruction

In accordance with state law, 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 (exclusive of recesses and the lunch period). (Education Code 51206, 52751, 52750)

Middle school and high school students (grades 7-12) receive physical education instruction for 400 minutes each 10 school days. Students in grades 7-8 who attend a K-8 elementary school receive physical education instruction at least 200 minutes every 10 school days. (Education Code 51222, 51223.)

Physical Education shall be taught by a teacher credentialed to teach Physical Education. (Education Code 44203, 52751) OUSD provides instruction in physical education to pupils in any of grades one through twelve (1-12), inclusive, by physical education teachers who hold

appropriate teaching credentials issued by the Commission on Teacher Credentialing. Instructional aides, paraprofessionals, and volunteers only assist the teacher. (Education Code 33352(9); 45343-45367.)

Oakland Unified School District will provide a course of study in physical education to pupils in any of grades 9-12, inclusive, with a developmentally appropriate sequence of instruction, and evaluation in the following areas:

(1) The effects of physical activity upon dynamic health; (2) Mechanics of body movement; (3) Aquatics; (4) Gymnastics and tumbling; (5) Individual and dual sports; (6) Rhythms and dance; (7) Team sports; and (8) Combatives (may include self-defense). (Education Code 33352(7), 51014, 51220(d).)

If a high school does not have a pool or access to a pool, aquatics can be taught. Instruction can be provided on water safety rescue technique, dry-land stroke, kick practice, and buoyancy principles. (See Chapter 4 of the Physical Education Framework for California Public Schools.)

The law requires every high school student to be evaluated on his or her progress in each of the following areas: (1) The effects of physical activity upon dynamic health; (2) Mechanics of body movement; (3) Aquatics; (4) Gymnastics and tumbling; (5) Individual and dual sports; (6) Rhythms and dance; (7) Team sports; and (8) Combatives (may include self defense). Grading must reflect progress in these eight areas and not be based solely on attendance and dressing out.

All teachers assigned to deliver Physical Education instruction shall receive focused, ongoing, professional development related to curriculum, instruction and assessment in Physical Education.

The Oakland Unified School District shall offer to Physical Education teachers in grades 1 to 6, inclusive, with yearly theoretical and practical training in developmentally appropriate Physical Education as set forth in the Physical Education Framework adopted by the State Department of Education pursuant to Section 33350. (Education Code 51210.2)

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement. 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.

All physical education classes are conducted in the coeducational, inclusive manner prescribed by law. All students have equal access to all physical education courses and meet the legal minimum requirement of time spent in physical education. (Title IX, 106.33, 106.34; 5 CCR 4930, 4931, 4940; Education Code 51210(g), 51222, 51223.)

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

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.

The Oakland Unified School District shall adopt the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve. The Oakland Unified School District shall also implement the contents of the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve.

(cf. 6143 - Courses of Study)

Appropriate interventions, adaptive equipment, and/or an alternative activity shall be provided for students with a physical disability or medically diagnosed health limitations, behavior difficulties, and cognitive delays 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)

Physical Performance Testing

1. 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 be provided alternative test items as appropriate to complete as much of the test as their physical condition will permit. The District recommends that students in grades 4 through 11 also undergo the physical performance test to collect data to drive instruction, programming, curriculum, and meaningful student learning. (Education Code 60800)

(cf. 6162.5 - Student Assessment)

2. Students shall be provided with their individual results after completing the physical performance testing. This needs to occur within the same academic year of testing. The test results may be provided orally as the student completes the testing and written results are made available within the same academic year and the scores are included in their cumulative record. (Education Code 60800)

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

Parents will receive a copy of the results of the physical performance test, including the height and weight. Information with instructions for calculating Body Mass Index (BMI) may be made available to parents/guardians. (Education Code 49432)

Exemptions

The Superintendent or designee may grant temporary exemption from physical education under

any of the following conditions:

i. Temporary:

"The governing board or the school administration may grant a temporary exemption to a pupil from courses in physical education, if the pupil is one of the following:

- o Ill or injured and a modified program to meet the needs of the pupil cannot be provided.
- o Enrolled for one-half, or less, of the work normally required of full- time pupils" (*Education Code* Section 51241[a][1][2]).

ii. Two-year:

"The governing board or the office of the school administration, with the consent of a pupil, may grant a pupil an exemption from courses in physical education for two years any time during grades ten to twelve, inclusive, if the pupil has met satisfactorily at least five of the six standards of the physical performance test administered in grade nine pursuant to Section 60800" (*Education Code* Section 51241[b][1]).

iii. Permanent:

"The governing board or the school administration may grant permanent exemption from courses in physical education if the pupil complies with any one of the following:

- o Is 16 years of age or older and has been enrolled in the 10th grade for one academic year or longer.
- o Is enrolled in a juvenile home, ranch, camp, or forestry camp school where pupils are scheduled for recreation and exercise pursuant to the requirements of Section 4346 or Title 15 of the *California Code of Regulations*" (*Education Code* Section 51241 [c][1][2][3]).

The Governing Board hereby grants authority to school administration to approve exemptions.

Students requesting a PE exemption are required to fill out an exemption form in its entirety each year and receive approval from administration.

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*)

Legal Reference:

EDUCATION CODE

33350 *CDE responsibilities re: physical education*

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

1041-1046 *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*

ATTORNEY GENERAL OPINIONS

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

Management Resources:

CSBA PUBLICATIONS

Healthy Food Policy Resource Guide, 2003

CDE PUBLICATIONS

Physical Education Framework for California Public Schools: Kindergarten Through Grade 12, 1996

CDE PROGRAM ADVISORIES

0418.89 *Physical Education, April 18, 1989*

CDHS PUBLICATIONS

Jump Start Teens, 1997

Playing the Policy Game, 1999

School Idea and Resource Mini Kit, 2000

CDC PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2000

NASBE PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

WEB SITES

CSBA: <http://www.csba.org>

CDE, Nutrition Services Division/SHAPE California: <http://www.cde.ca.gov/nsd>

CDHS, School Health Connections: <http://www.mch.dhs.ca.gov/programs/shc/shc.htm>

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

National School Boards Association: <http://www.schoolhealth@nsba.org>

National Association of State Boards of Education (NASBE): <http://www.boards@nasbe.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

7/14/04; 6/26/13A