



Physical Education And Activity Board Policy

Board Approved: January 14, 2020

The Board of Trustees recognizes the positive benefits of physical activity on learner health and academic achievement. The school shall provide all learners 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 school's physical education and activity programs shall support the school's coordinated learner wellness program and encourage learners' lifelong fitness.

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

The school's physical education program shall engage learners in moderate to vigorous physical activity. The School Director or designee shall develop strategies to monitor the amount of moderate to vigorous physical activity that takes place in the physical education instructional program.

Learners with disabilities shall be provided instruction in physical education in accordance with their individualized education program or Section 504 accommodation plan.

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 learners to participate in active physical education.

Staffing

Physical education instruction shall be delivered by appropriately credentialed teachers and/or professionals who may be assisted by instructional aides, paraprofessionals, and/or volunteers.

The school shall provide physical education teachers with continuing professional development, including classroom management and instructional strategies designed to keep learners engaged and active and to enhance the quality of physical education instruction and assessment.

Physical Fitness Testing

The School Director or designee shall annually administer the physical fitness test designated by the State Board of Education to learners in grade 5, 7 and 9 as appropriate to the school's grade levels.

Temporary Exemptions

The School Director or designee may grant a temporary exemption from physical education under either of the following conditions:

1. The learner is ill or injured and a modified program to meet his/her needs cannot be provided.
2. The learner is enrolled for one-half time or less.

Program Evaluation

The School Director or designee shall report to the Board the results of the state physical fitness testing for applicable grade levels. He/she shall also report to the Board regarding the number of instructional minutes offered in physical education for each grade level, and any other data agreed upon by the Board and the School Director or designee to evaluate program quality and the effectiveness of the school's program in meeting goals for physical activity.

Definitions

Physical education is a sequential educational program that teaches learners 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.

Physical Fitness Testing

During the annual assessment window between the months of February through May, learners in grade 5, 7 and 9 shall be administered the physical fitness test designated by the State Board of Education as appropriate to the school's grade levels served.

The School Director or designee may provide a make-up date for learners who are unable to take the test based on absence or temporary physical restriction or limitations, such as learners recovering from illness or injury.

Each school year, the School Director may designate an employee to serve as the school's physical fitness test coordinator and so notify the test contractor. The test coordinator shall serve as the liaison between the school and California Department of Education for all matters related to the physical fitness test. His/her duties shall be, including, but not limited to, overseeing the administration of the test and the collection and return of all test data to the test contractor.

Learners 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 learner completes the testing and shall be included in his/her cumulative record.

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

The School Director or designee shall report the aggregate results of the physical fitness testing in the annual school accountability report card.

Testing Variations

All learners may be administered the state's physical fitness test with the following test variations:

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

All learners may have the following test variations if they are regularly used in the classroom:

1. Audio amplification equipment
2. Separate testing for individual learners provided that they are directly supervised by the test examiner
3. Manually Coded English or American Sign Language to present directions for test administration

Learners with a physical disability and learners who are physically unable to take all of the test shall undergo as much of the test as their physical condition will permit.

Learners with disabilities may be provided the following accommodations if specified in their individualized education program (IEP) or Section 504 plan:

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

Identified English learners may be allowed the following additional test variations if regularly used in the classroom:

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