

PHYSICAL EDUCATION

Instruction in physical education shall be provided for a total period of time of not less than 400 minutes each 10 school days. (Education Code 51222)

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)

Physical Performance Testing

During the months of February, March, April or May, students in grades 5, 7 and 9 shall undergo the physical performance testing designed by the State Board of Education. 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)

(cf. 3135.5 - Student Assessment)

In order to ensure that students engage in healthful levels of vigorous physical activity:

1. School shall establish specific learning goals and objectives for physical education. A sequential, developmentally appropriate curriculum shall be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to become and remain physically active throughout their lives.
2. The existing physical education requirements should be monitored and enforced.
3. Professional development opportunities for physical education should be available to teachers and administrators.
4. Students shall be encouraged to walk, bike or otherwise “actively commute” to and from school.
5. Expanded opportunities for lunchtime and after school physical activity for students and staff shall be developed.
6. Exemptions from a second year of physical education class must meet specified criteria established by the District.

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)

Instruction

AR 6142.7(b)

PHYSICAL EDUCATION continued

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

(cf. 5125 - Student Records)

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Regulation
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FORTUNA UNION HIGH SCHOOL DISTRICT