

SAN FRANCISCO UNIFIED SCHOOL DISTRICT
San Francisco, California

First Reading

Superintendent's Proposal

165-24Sp1 - Adoption of Board Policy 6142.7
Instruction: Physical Education and Activity

REQUESTED ACTION: *Approve adoption of Board Policy 6142.7, Physical Education and Activity; and Rescind Board Policy 6105.6 (Physical Education Exemptions).*

BACKGROUND: The Board previously adopted Board Policy 6105.6 (Physical Education Exemptions), but has not adopted a comprehensive Board Policy that outlines the requirements for the SFUSD physical education program. The proposed Board Policy 6142.7 outlines the components of the overall physical education program including instructional minutes, course of study, program activity and instruction, physical fitness testing, additional opportunities in physical education; and also incorporates the content of Board Policy 6105.6 regarding PE exemptions. This proposal seeks to obtain approval of the new Physical Education and Activity Board Policy, and rescission of the former Board Policy 6105.6 because its content is incorporated in the new Board Policy 6142.7. In addition to the provisions listed above, Board Policy 6142.7 proposes the following provisions:

Instructional Minutes: The proposed policy adopts the PE instructional minutes required by the Education Code, which requires 200 minutes every 10 school days in grades 1-6 and 400 minutes every 10 schooldays in grades 7-12. The proposal also strongly encourages the continued provision of PE at all grade levels as described in the District's PE Master Plan.

Complaints: The proposed policy incorporates the provisions of AB 1391, adopted in October 2015, which authorizes the use of the Uniform Complaint process to address complaints related to the provision of the required instructional minutes for physical education.

Independent Study: For the 2016-2017 school year only, the proposed policy allows PE independent study for: (1) students in a career pathway that requires a course sequence of 3 or more years; (2) students enrolled in an alternative school of choice; and (3) students enrolled in a continuation school or county schools program. For subsequent school years, the policy provides that staff shall present to the Board a comprehensive analysis and recommendation regarding the granting of PE credit through independent study in these alternative programs.

Superintendent's Proposal
165-24Sp1

First Reading: 5/24/16
Second Reading

San Francisco Unified School District

Board Policy

Physical Education and Activity

BP 6142.7 INSTRUCTION

The Governing Board 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)

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) In recognition of the goals of the District's PE Master Plan, the Board strongly encourages the continued provision of PE at all grade levels as described in the PE Master Plan.

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)

Course of Study

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)

(cf. 6146.1 - High School Graduation Requirements)

(cf. 6146.11 - Alternative Credits Toward Graduation)

Program Activity and Instruction

The district's physical education program shall engage students in moderate to vigorous physical activity, as defined in the accompanying administrative regulation, for at least 50 percent of class or session time.

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, of the work normally required of full-time pupils.

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 (Fitnessgram). (Education Code 51241)

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 pursuant to Section 4346 of Title 15 of the California Code of Regulations.

Other Exemptions

1. 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. If a pupil is excused from physical education classes pursuant to this exemption the minimum school day for the student in their regular high school is 180 minutes. (Education Code 52316)

2. The student is enrolled in his or her last semester of the 12th grade and is permitted under Education Code Section 46145 (medical prescription) or 46147 (work experience program) to attend school for less than 240 or 180 minutes per day. However, pupils may not be exempted under this section if such students would, after such exemption, attend school for 240 minutes or more per day.

The Superintendent will develop Administrative Regulations to administer these exemptions.

Alternative Means to Complete Physical Education

For the 2016-2017 school year only, independent study may be used to extend a student's educational opportunities in physical education. Students in the following programs are eligible to use independent study to complete physical education requirements:

1. Students in a career pathway that requires a course sequence of 3 or more years;
2. Students enrolled in an alternative school of choice; and
3. Students enrolled in a continuation school or county schools program.

Students in independent study must adhere to the Administrative Regulation requirements for PE independent study.

For subsequent school years, staff shall present to the Board a comprehensive analysis and recommendation regarding the granting of PE credit through independent study in these alternative programs.

Additional Opportunities for Physical Activity

The Superintendent or designee shall develop strategies to supplement physical education instruction with additional opportunities for students to be physically active before, during, and after the school day.

(cf. 1330.1 - Joint Use Agreements)

(cf. 5142.2 - Safe Routes to School Program)

(cf. 5148 - Child Care and Development Program)

(cf. 5148.2 - Before/After School Program)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.5 - Student Organizations and Equal Access)

Complaints

A complaint that the District has not complied with the physical education instructional minute requirements shall be filed with the District pursuant to the Uniform Complaint Procedures set forth in Chapter 5.1 (commencing with Section 4600) of Division 1 of Title 5 of the California Code of Regulations.

A complainant not satisfied with the decision of the District may appeal the decision to CDE and shall receive a written appeal decision within 60 days of the department's receipt of the appeal.

If the District finds merit in a complaint, or CDE finds merit in an appeal, the school district shall provide a remedy to all affected pupils, parents, and guardians.

(cf. 1342 - Uniform Complaints)

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

1758b 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>