

## **Fresno Unified Board Policy (BP) 6142.7 Physical Education And Activity**

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.

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 combative. (Education Code 33352; 5 CCR 10060)

*(cf. 6011 - Academic Standards) (cf. 6143 - Courses of Study)*

*(cf. 0410 - Nondiscrimination in District Programs and Activities)*

The Board shall approve the courses in grades 9-12 for which physical education credit may be granted.

*(cf. 6146.1 - High School Graduation Requirements)*

*(cf. 6146.11 - Alternative Credits Toward Graduation)*

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. The Superintendent or designee shall develop strategies to monitor the amount of moderate to vigorous physical activity that takes place in the physical education instructional program.

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)*

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 Programs)*  
*(cf. 6145 - Extracurricular and Cocurricular Activities)*

## **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. 4112.21 - Interns)*  
*(cf. 4113 - Assignment)*  
*(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 governing board of a school district or the office of the county superintendent of schools of a county may grant a temporary or permanent exemption to a pupil from courses in physical education, if the pupil is one of the following: (Education Code 51241)

1. The student is ill or injured and a modified program to meet their needs cannot be provided.
2. The student is enrolled for one-half time or less, of the work normally required for pupils.

With the student's consent, the governing board of a school district or the office of the county superintendent of schools of a county may grant a pupil an exemption from courses in physical education courses for two years anytime during grades 10-12, inclusive, if the pupil has satisfactorily met at least five of the six standards of the state's physical performance test administered in grade 9. (Education Code 51241)

Upon request by students and/or their parents/guardians, the governing board of a school district also may administer the physical performance test to students in grades 10-12, inclusive, the physical performance test required in grade 9 pursuant to Section 60800. A pupil who meets satisfactorily at least five of the six standards of this physical performance test in any of grades 10 to 12, inclusive, is eligible for an exemption (Education Code 51241)

Students in grades 10-12 who have been granted a two-year exemption shall be offered a variety of elective physical education courses of not less than 400 minutes each 10 school days. (Education Code 51222)

Such students 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)

*(cf. 6112 - School Day)*

## Permanent Exemptions

The governing board of a school district or the office of the county superintendent of a county may grant a permanent exemption from courses in physical education if the pupil complies with any of the following: (Education Code 51241)

1. Is 16 years of age or older and has been enrolled in grade 10 for one academic year. However, such a student 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.
2. Is enrolled as a postgraduate pupil.
3. The student is enrolled in a juvenile home, ranch, camp, or forestry camp school with scheduled recreation and exercise.

## Other Exemptions

The governing board of a school district may grant a student an exemption from physical education under the following special circumstances:

1. When the student is in any of grades 10-12 and is excused for up to 24 clock hours in order to participate in automobile driver training. However, any such student shall attend a minimum of 7,000 minutes of physical education instruction during the school year. (Education Code 51222)
2. When the student is in any of grades 10-12, attends a regional occupational center or program, and, because of the travel time involved, would experience hardship to attend physical education courses. Any such student shall have a minimum school day of 180 minutes. (Education Code 52316)

*(cf. 6178.2 - Regional Occupational Center/Program)*

## Program Evaluation

The Superintendent or designee shall annually report to the Board each school's FITNESSGRAM results for each applicable grade level. They shall also report to the Board regarding the number of instructional minutes offered in physical education for each grade level, the number of two-year and permanent exemptions granted pursuant to Education Code 51241, and any other data agreed upon by the Board and the Superintendent or designee to evaluate program quality and the effectiveness of the district's program in meeting goals for physical activity.

*(cf. 0500 - Accountability)*

*(cf. 6190 - Evaluation of the Instructional Program)*

### Legal Reference:

#### EDUCATION CODE

- 33126 School accountability report card
  - 33350-33354 CDE responsibilities re: physical education
  - 35256 School accountability report card
  - 44250-44277 Credential types
  - 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
  - 4600-4687 Uniform complaint procedures
  - 10060 Criteria for high school physical education programs

80020 Additional assignment authorizations for specific credentials  
80037 Designated subjects teaching credential; special teaching authorization in physical education  
80046.1 Added authorization to teach adapted physical education  
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)

#### COURT DECISIONS

Doe v. Albany Unified School District (2010) 190 Cal.App.4th 668  
Cal200 et al. v. San Francisco Unified School District et al. (2013), San Francisco Superior Court, Case No. CGC-13-534975 Cal200 et al. v. Oakland Unified School District et al. (San Francisco Superior Court, Case No. CPF-14-513959

#### WEB SITES

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>  
Commission on Teacher Credentialing: <http://www.ctc.ca.gov>  
President's Council on Physical Fitness and Sports: <http://www.fitness.gov>  
U.S. Department of Health and Human Services: <http://www.health.gov>

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