

## VENTURA COUNTY BOARD OF EDUCATION

**BOARD POLICY NO. 6142.7**

**ADOPTED: 01/26/09**

**CLASSIFICATION: Instruction**

**REVISED:**

**SUBJECT: Physical Education**

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The Board of Education recognizes the positive benefits of physical activity on student health and academic achievement. The Board desires to provide a physical education program that supports a student wellness program, provides an adequate amount of moderate to vigorous physical activity, and encourages students' lifelong fitness through physical activity.

The Board shall support the components of the physical education program. The county office program shall be aligned with state model content standards and curriculum frameworks for physical education and shall provide a developmentally appropriate sequence of instruction.

The program shall provide equal opportunities for participation in physical education instruction regardless of gender.

An appropriate alternative activity or exemption from the physical education class shall be provided for a student with disabilities in accordance with his/her individualized education program or Section 504 accommodation plan.

Staff shall appropriately adjust the amount or type of physical exercise required of students during air pollution episodes, hot weather, or other inclement conditions or as needed to accommodate individual student health needs.

The physical education program shall be provided by appropriately credentialed teachers. Continuing professional development shall be offered to physical education teachers and to classroom teachers serving as instructors of physical education in order to enhance the quality of instruction and the variety of activities offered.

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)

The Superintendent or designee shall annually report to the Board the results of the physical fitness testing for each school and applicable grade level. He/she 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 as described below, 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.

The Superintendent or designee shall report the aggregate results of the physical fitness testing in the annual school accountability report card required by Education Code 33126 and 35256. (Education Code 60800)

### **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.

### **TWO-YEAR EXEMPTIONS**

With a student's consent, the Superintendent or designee may exempt the student from any two years of physical education courses during grades 10-12 provided that the student has satisfactorily met any five of the six standards of the state's physical fitness test in grade 9. (Education Code 51241)

Upon request by students and/or their parents/guardians, the Superintendent or designee may administer the physical fitness test to students in grades 10-12 who need to pass the test in order to qualify for a two-year exemption from physical education courses.

### **PERMANENT EXEMPTIONS**

The Superintendent or designee may grant a permanent exemption from physical education to a 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.

## **OTHER EXEMPTIONS**

The Superintendent or designee may grant an exemption from physical education under the following special circumstances:

1. The student in grades 10-12 is excused for up to 24 clock hours in order to participate in automobile driver training. (Education Code 51222)
2. 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. (Education Code 52316)

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 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