

Physical Education

The Solano County Office of Education (SCOE) recognizes the positive benefits of physical activity on student health and academic achievement and desires to provide a physical education program that supports SCOE's coordinated student wellness program, provides an adequate amount of moderate to vigorous physical activity, builds interest and proficiency in movement skills, and encourages students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

SCOE 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 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 physical education 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, but not be limited to, the effects of physical activity upon dynamic health, the mechanics of body movement, individual and dual sports, rhythms and dance, team sports, and combatives such as self-defense and fencing.

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

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

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.

Definitions

Physical education is a sequential educational program that teaches students 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. It may be intense enough to result in a significant increase in heart and respiration rate.

Temporary Exemptions

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

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.

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

EDUCATION CODE (Continued)

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

UNITED STATES CODE, TITLE 29

794 Rehabilitation Act of 1973, Section 504

UNITED STATES CODE, TITLE 42

1751 Note Local wellness policy

ATTORNEY GENERAL OPINIONS

53 Ops.Cal.Atty.Gen. 230 (1970)

Policy Cross-Reference:

0410 Nondiscrimination in District Programs and Activities
3514 Environmental Safety
3516 Emergencies and Disaster Preparedness Plan
4112.2 Certification
4131 Staff Development
4222 Teacher Aides/Paraprofessionals
5030 Student Wellness
5121 Grades/Evaluation of Student Achievement
6011 Academic Standards
6142.8 Comprehensive Health Education
6143 Courses of Study
6145 Extracurricular and Cocurricular Activities
6145.2 Athletic Competition
6146.11 Alternative Credits Toward Graduation
6159 Individualized Education Program
6164.6 Identification and Education Under Section 504