

**Instruction**

**AG 6142.7**

**PHYSICAL EDUCATION AND ACTIVITY**

**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. Vigorous physical activity may be intense enough to result in a significant increase in heart and respiration rate.

**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. (Education Code 51210, 51222)

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

**Physical Fitness Testing**

During the annual assessment window between the months of February through May, students in grades 5 shall be administered the physical fitness test designated by the State Board of Education. (Education Code 60800; 5 CCR 1041)

*(cf. 6162.5 - Student Assessment)*

The Superintendent or designee may provide a make-up date for students who are unable to take the test based on absence or temporary physical restriction or limitations, such as students recovering from illness or injury. (5 CCR 1043)

On or before November 1 of each school year, the Superintendent may designate an employee to serve as the district's physical fitness test coordinator and so notify the test contractor. The test coordinator shall serve as the liaison between the district and

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California Department of Education for all matters related to the physical fitness test. His/her duties shall be those specified in 5 CCR 1043.4, including, but not limited to, overseeing the administration of the test and the collection and return of all test data to the test contractor. (5 CCR 1043.4)

Students shall be provided with their individual results after completing the physical performance testing. The test results may be provided in writing or orally as the student completes the testing and shall be included in his/her cumulative record. (Education Code 60800; 5 CCR 1043.10, 1044)

*(cf. 5125 - Student Records)*

Each student's test results shall also be provided to his/her parents/guardians.

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)

*(cf. 0510 - School Accountability Report Card)*

### **Testing Variations**

All students may be administered the state's physical fitness test with the following test variations: (5 CCR 1047)

1. Extra time within a testing day
2. Test directions that are simplified or clarified

All students may have the following test variations if they are regularly used in the classroom: (5 CCR 1047)

1. Audio amplification equipment
2. Separate testing for individual students provided that they are directly supervised by the test examiner
3. Manually Coded English or American Sign Language to present directions for test administration

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; 5 CCR 1047)

Students with disabilities may be provided the following accommodations if specified in their individualized education program (IEP) or Section 504 plan: (5 CCR 1047)

1. Administration of the test at the most beneficial time of day to the student after consultation with the test contractor
2. Administration of the test by a test examiner to the student at home or in the hospital
3. Any other accommodation specified in the student's IEP or Section 504 plan for the physical fitness test

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*(cf. 6159 - Individualized Education Program)*

*(cf. 6164.6 - Identification and Education Under Section 504)*

Identified English learners may be allowed the following additional test variations if regularly used in the classroom: (5 CCR 1048)

1. Separate testing with other English learners, provided that they are directly supervised by the test examiner
2. Test directions translated into their primary language, and the opportunity to ask clarifying questions about the test directions in their primary language

### **Physical Activity**

#### **Daily Recess**

All elementary school students shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools shall encourage moderate-to-vigorous physical activity, including the provision of space and equipment.

Teachers and other school community personnel will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. (Education Code 49001)

#### **Integrating Physical Activity into the Classroom**

Schools shall discourage extended periods (i.e., periods of two or more hours) of inactivity. For example, when activities such as mandatory school wide testing necessitate that students remain indoors for long periods of time, schools shall give students periodic breaks during which they are encouraged to stand and be moderately active.

#### **Opportunities for Physical Activity Before and After School**

Schools are encouraged to offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

All elementary, middle, and high schools shall offer extracurricular physical activity programs, such as physical activity clubs, intramural programs, and special events that focus on physical activity.

After school child care and after school enrichment programs shall provide and encourage daily periods of moderate-to-vigorous physical activity for all participants, including the provision of space and equipment.

#### **Student Safety during Physical Activity**

The school/district shall establish rules and procedures concerning safety for students and staff and assign responsibility for these rules and procedures appropriately.

The school/district, working in collaboration with community health officials, shall establish local standards for weather and air quality regarding students' participation in outdoor physical activity.

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The school/district shall ensure that students and staff have access to appropriate hydration such as water.

The school/district, in conjunction with a credentialed school nurse, shall develop an emergency response system to expedite aid to students and/or staff that are injured or become ill at school. The emergency response system shall be communicated to the school community, and the necessary training and practice shall take place on a regular basis.

Facilities and equipment used for physical activity shall be properly monitored and maintained to ensure participants' safety.

School staff shall receive opportunities for training in first aid and cardiopulmonary resuscitation (CPR).

School staff shall receive notification and be trained, as allowed by law, in the use of any necessary medications that students are authorized to carry and/or use.

The school/district, in conjunction with a credentialed school nurse, shall develop policies that outline guidelines for student participation in physical activity at school when they have a medical condition. These policies shall be communicated to all members of the school community and be designed to protect students' well-being and provide for maximum participation of students in physical activity, at an appropriate level.

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