

**Physical Education Court and Community Schools**

The Board of Education recognizes the positive benefits of physical activity for student health and academic achievement. The Board desires to provide a physical education program that 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.

The Court and Community Schools' physical education programs shall include a variety of kinesthetic activities, including team and individual sports.

An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion.

Court and community school staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather or other inclement conditions.

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.

**Temporary Exemptions**

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

1. The student is ill or injured and a modified program to meet his/her needs cannot be provided. (Education Code 51241)
2. The student is enrolled for one-half time or less. (Education Code 51241)
3. 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)

**Two Year Exemptions**

The Superintendent or designee may exempt students, with their consent, from any two years of physical education courses during grades 10-12 provided the student has satisfactorily met at least five of the six standards of the state's physical fitness test in grade 9.

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 permanent exemptions from physical education to a student who is either: (Education Code 51241)

1. Age 16 years or older and has been enrolled in grade 10 for one or more academic years.
2. Enrolled as a postgraduate student.
3. Enrolled in a juvenile home, ranch, camp or forestry camp school with scheduled recreation and exercise.

### Other Exemptions

The Superintendent or designee may excuse any student in grades 10-12 who attends a regional occupational center or program from attending physical education courses if such attendance results in hardship because of the travel time involved. (Education Code 52316)

The Superintendent or designee may exempt a high school student from physical education if he/she is engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours. (Education Code 51242)

### *Legal Reference:*

#### EDUCATION CODE

33350 CDE responsibilities re: physical education

49066 Grades; physical education class

51220 Course of study, grades 7-12

51222 Physical education

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

1041-1046 Physical performance test

3051.5 Adapted physical education for individuals with exceptional needs

10060 Criteria for high school physical education programs

**Instruction****Board Policy 6142.7(c)**

UNITED STATES CODE, TITLE 29  
794 Rehabilitation Act of 1973, Section 504  
ATTORNEY GENERAL OPINIONS  
53 Ops.Cal.Atty.Gen. 230 (1970)

*Management Resources:*

CDE PUBLICATIONS  
Physical Education Framework for California Public Schools: Kindergarten  
Through Grade 12, 1996  
CDE PROGRAM ADVISORIES  
0418.89 Physical Education, April 18, 1989

Policy  
Adopted: July 12, 2006  
Revised: January 11, 2012

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Eureka, California