

**PHYSICAL EDUCATION AND ACTIVITY**

Instruction in physical education shall be provided for at least the following minimum period of time. (Education Code 51210, 51223)

1. For students in grades 1-6, 200 minutes each 10 school days, exclusive of

If the instructional minute requirement cannot be met during any 10-day period due to inclement weather, a school assembly, field trip, student assessment, or other circumstance, the school shall make up those minutes on another day in order to satisfy the instructional minute requirement.

The Superintendent or designee shall determine a method to document compliance with the required number of instructional minutes. Such documentation may include, but not be limited to, a master schedule, teacher roster, or log for staff or students to record the number of physical education minutes completed.

Any complaint alleging noncompliance with the instructional minute requirement for elementary schools may be filed in accordance with the district's procedures in AR 1312.3 - Uniform Complaint Procedures. A complainant not satisfied with the district's decision may appeal the decision to the California Department of Education (CDE). If the district or the CDE finds merit in a complaint, the district shall provide a remedy to all affected students and parents/guardians. (Education Code [51210](#), [51223](#); 5 CCR [4600-4687](#))

(cf. [1312.3](#) - Uniform Complaint Procedures)

**Monitoring Moderate to Vigorous Physical Activity**

To monitor whether students are engaged in moderate to vigorous physical activity for at least 50 percent of physical education class or session time, the Superintendent or designee may:

1. Develop methods to estimate the amount of time students spend in moderate to vigorous physical activity or the number of students who are inactive during physical education classes
2. Provide physical education teachers with staff development, self-monitoring tools, stopwatches, and/or heart rate monitors to assist them in planning and assessing the level of activity in their classes

(cf. [4115](#) - Evaluation/Supervision)

## **Instruction**

**AR 6142.7 (b)**

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#### **Physical Fitness Testing**

During the annual assessment window between the months of February through May, students in grades 5 shall be administered the fitness test designated by the State Board of Education. (FITNESSGRAM) (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 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 FITNESSGRAM. 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 FITNESSGRAM in the annual school accountability report card required by Education Code 33126 and [35256](#). (Education Code [60800](#))

(cf. [0510](#) - School Accountability Report Card)

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**Testing Variations**

All students may be administered the FITNESSGRAM 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

(cf. [6159](#) - Individualized Education Program)

(cf. [6164.6](#) - Identification and Education Under Section 504)

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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

**Additional Opportunities for Physical Activity**

The Superintendent or designee shall implement strategies for increasing opportunities for physical activity outside the physical education program, which may include, but not be limited to:

1. Training recess and lunch supervisors on methods to engage students in moderate to vigorous physical activity

(cf. [1240](#) - Volunteer Assistance)

(cf. [4231](#) - Staff Development)

(cf. [5030](#) - Student Wellness)

2. Encouraging teachers to incorporate physical activity into the classroom
3. Establishing extracurricular activities that promote physical activity, such as school clubs, intramural athletic programs, dance performances, special events, and competitions

(cf. [6145](#) - Extracurricular and Cocurricular Activities)

(cf. [6145.5](#) - Student Organizations and Equal Access)

4. Incorporating opportunities for physical activity into before- or after-school programs and/or child care and development programs

(cf. [5148](#) - Child Care and Development Program)

(cf. [5148.2](#) - Before/After School Programs)

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5. Exploring opportunities for joint use of facilities or grounds in order to provide adequate space for students and community members to engage in recreational activities

(cf. [1330.1](#) - Joint Use Agreements)

6. Developing business partnerships to maximize resources for physical activity equipment and programs

(cf. [1700](#) - Relations Between Private Industry and the Schools)

7. Developing programs to encourage and facilitate walking, bicycling, or other active transport to and from school

(cf. [5142.2](#) - Safe Routes to School Program)

Policy

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**SAUGUS UNION SCHOOL DISTRICT**

Santa Clarita, California