

SAN DIEGO UNIFIED SCHOOL DISTRICT

Date: November 20, 2015

To: All Site Administrators

Subject: Physical Education K-12

Department and/or Persons Concerned: All Site Administrators

(Due Date only if required) None

Reference: District Administrative Procedure 4179
District Administrative Procedure 4770
Course of Study, TK-12 (Descriptions of Physical Education courses and requirements)
California Education Code: 33352(9); 45343-45367, 51210(g); 51210.1(a)(1)(a), 51222, 51223; 51241(b), 60800
Title IV, 106.33, 106.34

Action Requested: Review Physical Education requirements to assure compliance with federal and state mandates regarding number of minutes students must engage in physical education, certification standards for physical education teachers, injury and illness protocols, and two-year exemption for high school students.

Brief Explanation:

California has established the minimum numbers of minutes that students in elementary, middle, and high school must engage in physical education coursework. The state has also stipulated credentials required for physical education teachers. These requirements are aligned with federal program mandates. Site administrators are responsible to assure that physical education coursework at their sites is being carried out in accordance with these mandates, as described below.

Elementary Schools

1. Every ten school days all students in grades 1-6 must receive 200 minutes of physical education taught during the school day by a California-credentialed teacher.
2. The teacher must have one of the following credentials:
 - Multiple Subject
 - Single Subject Physical Education; Multiple Subject + Supplementary Authorization in Physical Education (**Attachment 1**)
3. Schools must post by teacher or classroom a master schedule of the times physical education is taught and submit that schedule each year by October 15th to the Department of Physical Education, Health and Athletics.
4. District Administrative Procedure 4179 must be followed for students who are absent because of short-term or long-term illness. These students must be given alternative work approved by their doctor and confirmed by the school nurse. The Physical Education Modification for Injury or

Illness Form (**Attachment 2**) must be filled out by the nurse in consultation with the doctor, to determine the extent to which the child can participate in physical education. This will ensure that the student to fulfill district and California State Education Code requirements. Students may not be taken off the physical education roster during their time of injury or illness. (**Attachment 3**)

5. Attachment 1 provides details regarding the number of required instructional minutes and type of credential necessary to satisfy the state's physical education requirement for elementary and middle schools.

Middle Schools

1. Every ten school days all students in grades 7-12 must receive 400 minutes of physical education taught during the school day by a California-credentialed teacher.
2. The teacher must have the following credential:
 - Single Subject Physical Education (**Attachment 1**)
3. Physical education courses must be listed in each site's master schedule, and include teacher assignment, classes offered, and the number of minutes required.
4. Physical education course syllabi must be posted and must be consistent with the district's curriculum and Course of Study.
5. District Administrative Procedure 4179 must be followed for students who are absent because of short-term or long-term illness. These students must be given alternative work approved by their doctor and confirmed by the school nurse. A Physical Education Modification for Injury or Illness Form (**Attachment 2**) will be filled out by the nurse, in consultation with the doctor, to determine the extent the child can participate. This will allow the student to fulfill district and California State Education Code requirements. They may not be taken off the physical education roster during their time of injury or illness. (**Attachment 3**)

High School

1. Every ten school days high school students must receive 400 minutes of physical education taught during the school day for the duration of the entire school year.
2. The teacher must have one of the following credentials:
 - Single Subject Physical Education
 - Designated Subject Credential and Special Teaching Authorization in Physical Education. (**JROTC PE**)
3. Single Subject + Limited Teaching Assignment working toward a Single Subject in Physical Education (**Marching Band PE, Drill Team, etc.**) (**Attachment 1**)
4. Physical education courses must be listed in each site's master schedule, and include teacher assignment, classes offered, and the number of minutes required.
5. Physical education course syllabi must be posted and must be consistent with the district's curriculum and course of study. Syllabi must incorporate the eight California physical education content areas.

6. The State of California requires that students take four years of physical education. A student may be exempted from courses in physical education for two years during grades 10-12 upon passing 5 of 6 subtests on the FITNESSGRAM. In order to graduate, students must successfully complete and pass a minimum of two years of physical education. SDUSD requires that all students in grade 9 be enrolled in physical education.
7. District Administrative Procedure 4179 must be followed for students who are absent because of short-term or long-term illness. These students must be given alternative work approved by their doctor and confirmed by the school nurse. A Physical Education Modification for Injury or Illness Form (**Attachment 2**) will be filled out by the nurse, in consultation with the doctor, to determine the extent the child can participate. This will allow the student to fulfill district and California State Education Code requirements. They may not be taken off the physical education roster during their time of injury or illness. (**Attachment 3**)

Two-year Exemption from California Physical Education Requirements

1. In order to receive a two-year exemption from physical education, students who have successfully passed 5 of the 6 subtests of the FITNESSGRAM and completed two years of physical education must submit an exemption application (**Attachment 4**).
2. The SDUSD Department of Physical Education, Health and Athletics office may grant a permanent exemption for extreme or severe circumstances. Such exemption requests are considered on a case-by-case basis, and must be submitted using the attached application for permanent exemption (**Attachment 5**).
3. Students who have not passed the FITNESSGRAM must continue to take physical education until they pass at least 5 or 6 subtests. Students who would like to continue taking physical education courses physical education electives are available in grades 10–12. The *District Course of Study, K-12* lists physical education elective course offerings.

Scott Giusti, Director
Physical Education, Health and Athletics

APPROVED:



Cheryl Hibbeln
Executive Director
Office of Secondary Schools

Attachments (5)

Teacher Credential/Authorization and Minute Requirements for Physical Education Grades K-8

Types of Credentials Required to Teach Physical Education
<ul style="list-style-type: none"> • Multiple Subject Self Contained Classroom (Elementary) (MS) • Single Subject Physical Education (SS) • Multiple Subject + Supplementary Authorization in Physical Education (SA)

Type of Credential or Authorization	Monday	Tuesday	Wednesday	Thursday	Friday	Total for 10 days	Meets State Requirements
Elementary K-6 (Minimum of 200 minutes every ten days)							
• MS, SS, MS+SA	20 minutes	20 minutes	20 minutes	20 minutes	20 minutes	200 minutes	Yes
Middle School 7-8 (Minimum of 400 minutes every ten days)							
• SS, MS+SA	50 minutes	50 minutes	50 minutes	50 minutes	50 minutes	500 minutes	Yes
Middle School 4-x-4 Block A-B Schedule (Minimum of 400 minutes every ten days)							
• SS, • MS+ SA	A 80 minutes	B 80 minutes	A 80 minutes	B 80 minutes	A 80 minutes	400 minutes	Yes

This chart provides a sample calculation applicable to most school sites. Sites are responsible to ensure that students receive at least the minimum number of physical education minutes of instruction required by California Education Code.

Teacher credential/authorization and minute requirement for Physical Education Grades 9-12

Types of Credentials Required to Teach Physical Education
<ul style="list-style-type: none"> • Single Subject Physical Education (SS) • Designated Subject Credential and Special Teaching Authorization in Physical Education (DSC + STA) (JROTC PE) • Single Subject (any subject) + Limited Teaching Assignment working toward a Single Subject in Physical Education (Marching Band, Cheerleading, Color Guard) (LTA)

These charts provide sample calculations. Sites are responsible to ensure that students receive at least the minimum number of physical education minutes of instruction required by California Education Code.

Traditional High School							
Type of Credential or Authorization	Monday	Tuesday	Wednesday	Thursday	Friday	Total for 10 days	Meets State Requirements
Physical Education Class SS	50 minutes	50 minutes	50 minutes	50 minutes	50 minutes	500 minutes	Yes All minutes count toward physical education (5503, 5504 or 5701, 5702)
JROTC DSC + STA or SS	50 minutes	50 minutes	50 minutes	50 minutes	50 minutes	500 minutes	Yes JROTC 1 st Semester, 2 nd Semester =one year
Marching Band, Cheerleading, Color Guard SS + LTA and working toward SS in Physical Education	50 minutes	50 minutes	50 minutes	50 minutes	50 minutes	500 minutes	Yes Marching Band (5842) 1 st Semester Must be in physical education or equivalent second semester.

High School 4-x-4 Block Schedule							
Type of Credential or Authorization	Monday	Tuesday	Wednesday	Thursday	Friday	Total for 10 days	Meets State Requirements
Physical Education Class SS	90 minutes	90 minutes	90 minutes	90 minutes	90 minutes	900 minutes	Yes 1 st semester 5503, 5504 2 nd semester 5701, 5702 2 year graduation requirement fulfilled
JROTC DSC + STA SS + LTA and working toward SS in Physical Education	90 minutes	90 minutes	90 minutes	90 minutes	90 minutes	900 minutes	JROTC 1 st Semester = one year 2 nd Semester = second year 2 year graduation requirement fulfilled
Marching Band, Cheerleading, Color Guard SS + LTA and working toward SS in Physical Education	90 minutes	90 minutes	90 minutes	90 minutes	90 minutes	900 minutes	Yes Marching Band (5842) 1 st Semester = one year Must be in physical education or equivalent second semester.

High School 4-x-4 with Adjusted Minutes <80 Minute Classes							
Type of Credential or Authorization	Monday	Tuesday	Wednesday	Thursday	Friday	Total for 10 days	Meets State Requirements
Physical Education Class SS	80 minutes	80 minutes	80 minutes	80 minutes	80 minutes	800 minutes	Yes 1 st semester 5503, 5504 2 nd semester 5701, 5702 2 year graduation requirement fulfilled
JROTC DSC + STA SS + LTA and working toward SS in Physical Education	80 minutes	80 minutes	80 minutes	80 minutes	80 minutes	800 minutes	Yes JROTC 1 st Semester = one year 2 nd Semester = second year 2 year graduation requirement fulfilled
Marching Band, Cheerleading, Color Guard SS + LTA and working toward SS in Physical Education	80 minutes	80 minutes	80 minutes	80 minutes	80 minutes	800 minutes	Yes Marching Band (5842) 1 st Semester = one year Must be in physical education or equivalent second semester.

High School 4-x-4 A,B Block Schedule							
Type of Credential or Authorization	Monday	Tuesday	Wednesday	Thursday	Friday	Total for 10 days	Meets State Requirements
Physical Education Class SS	89 minutes	89 minutes	89 minutes	89 minutes	89 minutes	445 minutes	Yes All minutes count toward physical education 5503, 5504 or 5701, 5702
JROTC DSC + STA SS + LTA and working toward SS in Physical Education	89 minutes	89 minutes	89 minutes	89 minutes	89 minutes	445 minutes	Yes JROTC 1 st Semester, 2 nd Semester = one year
Marching Band, Cheerleading, Color Guard SS + LTA and working toward SS in Physical Education	89 minutes	89 minutes	89 minutes	89 minutes	89 minutes	445 minutes	Yes Marching Band (5842) 1 st Semester Must be in physical education or equivalent second semester.

Physical Education Modifications for Injury or Illness

To parent and/or health care provider of (student) _____ Date of Birth: _____

The school district recently received a request to exempt the above-named student from physical education (PE) for reasons of injury or illness. Under California Education Code, Section 51241, exemption from Physical Education may be granted temporarily for an ill or injured student only if “a modified program to meet the needs of the pupil cannot be provided.”

To comply with California state law, this district cannot completely exempt a student from physical education until it is established that PE modifications cannot be safely provided. To do so, district health and PE personnel must understand the nature of a student’s illness or injury, as explained by the student’s licensed health care provider.

Please note that:

- A physician’s note is necessary, but may be insufficient, to completely excuse a student from PE if the note does not adequately explain how a modified PE program is inappropriate or unsafe.

This form is used by the managing licensed healthcare provider to describe the medical/orthopedic condition or injury. Return form school staff at the fax number listed below:

Date of injury or onset of illness: ____/____/____

Diagnosis or condition limiting activity: _____

Anticipated duration of limitation (or date full PE participation is permitted): _____

Specific limitations to activity: *(unchecked selections denote student may participate in the activity, modified at the discretion of school staff)*. THE STUDENT SHOULD NOT PARTICIPATE IN:

- Any P.E. classroom activity (including written assignments)
- Aerobic exercise (i.e. due to cardiopulmonary restrictions)
- Vigorous lower extremity exercise (e.g. running, jumping, kicking, jogging)
- Light lower extremity exercise (e.g. walking, stationary bike)
- Upper extremity exercise/weight bearing (e.g. lifting, throwing)
- Contact sports (i.e. due to concussion or risk of solid organ injury)
- Stretching and flexibility exercises (indicate if upper body, lower body, etc): _____
- All strength exercises (indicate if limited to upper body, lower body, etc) _____
- Activity requiring change of dress (describe medical reasons): _____
- Student wearing cast: No playground or sandbox; keep cast dry.
- Other (specific limitation, please describe): _____

Health Professional (printed name) Signature CA License No. Telephone #

Student’s healthcare provider may reach the following school staff member to explore PE modifications or to discuss limitations of the student:

School staff member to contact Telephone number Best days/hours to reach Fax number

A Physical Education Modification for Injury or Illness Guidelines

Time	Request	Who	Paper work	Result
Three days ↓	Verbal request	Physical Education teacher	None	<ul style="list-style-type: none"> • Student must dress • Participate on a limited basis • Responsible for any missed work
Up to 10 days ↓	<ul style="list-style-type: none"> • Nurse may authorize • Doctors note 	Nurse may authorize	Physical Education Modification/Exemption Form for Injury or Illness	<ul style="list-style-type: none"> • Nurse and physical education teacher will determine to what extent the student can participate using the Physical Education Modification/Exemption Form for Injury or Illness • Alternative work for the students must be provided by the physical education teacher so the students can continue to receive instruction in physical education.
10 days or more ↓	Note from a doctor	Doctor	Physical Education Modification/Exemption Form for Injury or Illness	<ul style="list-style-type: none"> • Nurse will contact the doctor to clarify the orders using the Physical Education Modification/Exemption Form for Injury or Illness • Nurse and physical education teacher will determine what modifications are needed to accommodate the student. • Alternative work for the students must be provided by the physical education teacher so the students can continue to receive instruction in physical education.
504 Qualification ↓	Note from a doctor	Doctor	504 Plan	<ul style="list-style-type: none"> • If a student’s injury or illness exceeds qualifies for 504 Plan, the modification and accommodations outlined in the 504 Plan are to be implemented by the physical education teacher.
Adapted Physical Education ↓	IEP Team	IEP Team/Doctors note	IEP	<ul style="list-style-type: none"> • If a student’s injury or illness is a permanent disability then the IEP or 504 Team will determine the least restrictive environment for the student to receive their physical education instruction.
Permanent Exemption	IEP Team	IEP Team/Doctors note	Permanent Exemption Form	<ul style="list-style-type: none"> • After all the above options are exhausted and an appropriate placement cannot be met, a student can apply for a Permanent Exemption. This exemption may not be used to supplant the state FITNESSGRAM mandate.

Physical Education Two-Year Exemption

Dear SDUSD Student,

California Education Code requires that all students in grades 9-12 take four years of physical education. You can be granted an exemption from courses in physical education for two years anytime during grades ten to twelve if you meet the following criteria (Education Code (*EC*) Section 51241(b)(1):

- 1. You consent to the exemption by signing this document.**
- 2. You score in the Healthy Fitness Zone of the FITNESSGRAM in five of six standards administered in grade nine pursuant to *EC* Section 60800.**

Note: If you do not score in the Healthy Fitness Zone in five of six standards on the FITNESSGRAM, the state of California requires you to participate in physical education for four years or until you meet the FITNESSGRAM requirements.

You may choose to participate beyond the two-year requirement in a variety of elective physical education classes that your school provides or participate in a school athletic team.

The right to exempt is the *student's* choice. Please make your choice by initialing your selection and signing below.

*******Keep in mind that the two-year exemption is contingent upon passing five of six standards administered in the FITNESSGRAM*******

Sign and return to counselor

_____ I choose **not to exempt** myself from physical education and I **will be enrolled** in physical education for the coming school year.

_____ I choose **to exempt** myself from physical education and I **will not be enrolled** in physical education for the upcoming school year. I understand that I must meet the two-year state graduation requirement.

My school counselor has explained these two physical education program choices to me.

If I decide to change my selection I will contact my school counselor prior to the end of the school year, so that appropriate courses are included o my schedule..

Student Signature

Date

Print Student Name

A copy will be stored in your cumulative file.

Application for Physical Education Permanent Exemption

Dear San Diego Unified Student,

1. California Education Code requires that all students in grades 9-12 take four years of physical education. A student can be permanently exempted from physical education as long as they are 16 years old or older and have been enrolled in grade 10 for one academic year or longer: (Education Code section 51241[c]1)
2. The Department of Physical Education, Health and Athletics office for the San Diego Unified Schools District may grant permanent exemptions for extreme or severe circumstances on a case by case basis.
3. To apply for the Permanent Exemption please fill out this form and submit it to Scott Giusti, Director of Physical Education, Health and Athletics.

This exemption cannot be used to supplant the state FITNESSGRAM mandates.

Name of Student	Grade	ID Number	High School Attending

Please attach paperwork outlining the reasons for this application and any additional documentation

Physical Education Department Chair Signature	Physical Education Department Chair	Date
Principal's Signature	Principal's Printed Name	Date
Counselor's Signature	Counselor's Printed Name	Date
Parent's Signature	Parent's Printed Name	Date
Student's Signature	Student's Printed Name	Date

The Permanent Exemption for _____ has been _____ because:
Student's Name
Approved/Denied

Scott Giusti Director of Physical Education, Health and Athletics	Date