

Instruction

PHYSICAL EDUCATION

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the district.

The Board desires to provide a physical education program which 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 Board shall approve the components of the physical education program.

Physical education staff shall take special care to ensure that excessive physical exertion is not required of students who have informed staff of a heart or respiratory condition or other physical disability that may restrict such activity. An appropriate alternative activity shall be provided for these students.

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

Exemptions

With the consent of the student, the Superintendent or designee may grant temporary exemption from physical education under either of the following conditions:

1. A student is enrolled for one-half time or less
2. A student is ill, injured, or has a physical handicap and a modified program to meet his/her needs cannot be provided

Legal Reference: (See next page)

PHYSICAL EDUCATION (continued)

- Legal Reference:      Education Code  
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  
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  
3051.5 Adapted physical education for individuals with exceptional  
needs  
10060 Criteria for physical education program  
United States Code, Title 29  
794 Rehabilitation Act of 1973, Section 504  
Attorney General Opinions  
53 Ops.Cal.Atty.Gen. 230 (1970)