

**CLOVIS UNIFIED  
SCHOOL DISTRICT****INSTRUCTION****Instructional System****PHYSICAL EDUCATION PROGRAM**

**PURPOSE:** To define the District's physical education program and activity.

A quality educational experience nurtures the growth and development of the whole student in mind, body and spirit. The Board recognizes the positive benefits of physical activity for student health and academic achievement. In recognition that physical education is a crucial and integral part of a student's education, the District will provide a physical education program in K-12 grades to provide opportunities for students to engage in vigorous physical activity that promote and develop the student's physical, mental, emotional and social well-being. The District shall provide instruction in physical education that provides equal access and equal opportunities for participation for all students in grades K-12 and which does not discriminate on any basis prohibited by law. (Education Code 220, 221.5, 33352; 5 CCR 4900, 4930, 4931, 4940, 4960; 34 CFR 106.33, 106.34, 300.108) The implemented curriculum will be fully aligned with California's Physical Education Standards for grades K-12.

The physical fitness and motor development of students in elementary schools is of equal importance to other elements of the curriculum. Therefore, students in grades 1 - 6 will have not less than 200 minutes of physical education each 10 school days, exclusive of lunch time and recess, unless otherwise provided by law.

Students in grades 7 - 12 will have not less than 400 minutes of physical education each 10 school days, unless otherwise provided by law.

1. During air pollution episodes, extreme weather, or other inclement conditions, physical education staff shall make appropriate adjustments to the program or shall seek alternative indoor space to enable students to participate in active physical education.
2. Intermediate School – All 7<sup>th</sup> and 8<sup>th</sup> grade students will be involved in regularly scheduled co-educational, comprehensive core physical education. The program must be taught by a properly certificated instructor.
3. High School –All high school students in the District must successfully complete four semesters of comprehensive core physical education and four semesters of elective physical education. Certain flexibilities in meeting this requirement are allowed for academically impacted students in grades 11 and 12, athletes competing at the national level, and for CTE/ROP/CART students in grades 11 and 12.

Certain temporary exemptions from participation in physical education are allowed if students are ill or injured. Students with disabilities shall be provided instruction in physical education in accordance with their individualized education program or Section 504 accommodation plan.

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Physical Fitness Test (PFT) is conducted in grades 1-12. Students are encouraged to achieve the Healthy Fitness Zone in each area tested and will receive the Superintendent's Award if they score at or above the 85<sup>th</sup> percentile in each area. The Superintendent or designee shall annually report to the Board the results of the physical fitness testing for each school and applicable grade level. He/she shall also report to the Board regarding the number of instructional minutes offered in physical education for each grade level, and any other data agreed upon by the Board and the Superintendent or designee to evaluate program quality and the effectiveness of the District's program in meeting goals for physical activity. The aggregate results of the physical fitness testing shall also be reported in the annual school accountability report card (SARC) available at the school sites or through the District's web site ([www.cusd.com](http://www.cusd.com)).

In addition to the physical education curriculum requirements outlined above, the District offers extra-curricular physical activity programs at all District schools which can include interscholastic and intra-district sports programs, intramurals, physical activity clubs, after-school childcare and enrichment programs, and summer school programs.

Adopted: 02/13/2008

Reviewed: 03/04/2009. 02/18/2010

Amended: 11/18/2020 (BP 3207 renumbered as BP 6142.7)

**EDUCATION CODE**

220 Prohibition of discrimination

221.5 Sex equity in education

33126 School accountability report card

33350-33354 CDE responsibilities re: physical education

35256 School accountability report card

44250-44277 Credential types

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, two-year or permanent exemption from physical education

51242 Exemption from physical education for athletic program participants

52316 Excuse from attending physical education classes; regional occupational center/program

60800 Physical performance test

**CODE OF REGULATIONS, TITLE 5**

1040-1044 Physical performance test

1047-1048 Testing variations and accommodations

3051.5 Adapted physical education for individuals with exceptional needs

4600-4670 Uniform complaint procedures

4900-4965 Nondiscrimination in elementary and secondary educational programs receiving state or federal financial assistance

## CLOVIS UNIFIED SCHOOL DISTRICT

- 10060 Criteria for high school physical education programs
- 80020 Additional assignment authorizations for specific credentials
- 80037 Designated subjects teaching credential; special teaching authorization in physical education
- 80046.1 Added authorization to teach adapted physical education

UNITED STATES CODE, TITLE 29  
794 Rehabilitation Act of 1973, Section 504

UNITED STATES CODE, TITLE 42  
1758b Local wellness policy

- CODE OF FEDERAL REGULATIONS, TITLE 34
- 106.33 Nondiscrimination on the basis of sex; comparable facilities
  - 106.34 Nondiscrimination on the basis of sex; access to classes and schools
  - 300.108 Assistance to states for the education of children with disabilities; physical education

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