

**SAN DIEGO UNIFIED SCHOOL DISTRICT**

**Date:** May 21, 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, K-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 below to assure compliance with federal and state mandates regarding number of minutes students must engage in physical education, certification standards for physical education teachers, and two-year exemption for high school students.

**Brief Explanation:**

The state 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 days all elementary school students 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 credential
  - single subject credential
  - Special Teaching Authorization in Physical Education
3. Schools must post by teacher or classroom a master schedule of the times physical education is taught.
4. The FITNESSGRAM must be administered to students in grade 5 by a district employee during the district-mandated spring testing window.
5. FITNESSGRAM results must reported by a district employee.

6. 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; described in a written contract, signed by parents, teacher and principal, which will allow them to fulfill district and California State Education Code requirements.
7. No student may be removed from physical education class for disciplinary or academic reasons.
8. All physical education classes must be coeducational and inclusive.
9. Attachment 3 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 days all middle school students must receive 400 minutes of physical education taught during the school day by a California-credentialed teacher.
2. The teacher must have one of the following credentials:
  - single subject physical education credential
  - Special Teaching Authorization in Physical Education
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. The FITNESSGRAM must be administered to students in grade 7 by a district employee during the district-mandated spring testing window.
6. FITNESSGRAM results reported by a district employee.
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 that is described in a written contract, signed by parents, teacher and principal, which will allow them to fulfill district and California State Education Code requirements.
8. No student may be removed from physical education class for disciplinary or academic reasons.
9. Attachment 3 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.
10. All physical education classes must be coeducational and inclusive.

**High School**

1. Every ten 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. Physical education courses must be listed in each site's master schedule, and include teacher assignment, classes offered, and the number of minutes required.
3. 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.
4. The State of California requires that students take four years of physical education in order to graduate. A student may be exempted from courses in physical education for two years during grades 11 and 12 upon passing 5 of 6 subtests on the FITN ESSGRAM. In order to graduate, students must successfully complete and pass two years of physical education. SDUSD requires that all students in grade 9 must be enrolled in physical education.
5. The FITNESSGRAM must be administered and results reported by a district employee.
  - a. Ninth graders must be administered the FITNESSGRAM during the district-mandated spring testing window.
  - b. Students in grades 10-12 can be administered the FITNESSGRAM in November and during the spring testing window.
6. 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; described in a written contract, signed by parents, teacher and principal, which will allow them to fulfill district and California State Education Code requirements.
7. No student may be removed from physical education class for disciplinary or academic reasons.
8. All physical education classes must be coeducational and inclusive.

**Use of JROTC, Marching Band, Cheer, Color Guard, Show Choir Coursework to Fulfill Physical Education Requirements**

1. In order for all minutes (400) to qualify as physical education credit for students enrolled in JROTC, Marching Band, Cheer, Color Guard or Show Choir, the teacher of record must hold either a single subject credential in physical education or Special Teaching Authorization (STA) in Physical Education.
2. Only 49% of the class time can be counted toward the 400-minute requirement if the teacher of record **does not hold** one of the above credentials.
  - To fulfill the state's and district's yearlong mandated physical education minute requirement, students in these courses must either:
    - i. Stay in the class all year or,

- ii. Enroll in a physical education class for the second semester.
3. In addition, in order to receive physical education credit, students must receive instruction in physical education for 51% of the class time. Instruction must incorporate the California eight physical education content areas.
4. Attachment 4 provides details regarding the number of required instructional minutes and type of credential necessary to fulfill high school physical education requirements by schedule type (traditional, 4-x-4 Block, 4-x-4 with adjusted minutes, and 4-x-4 A,B Block schedules).
5. Syllabi for the courses specified must be posted, must be consistent with the district's curriculum and course of study, and must describe how the course incorporates the eight physical education content areas.

**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 1).
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 2).
3. Students who have not passed the FITNESSGRAM and those who would like to continue to take physical education courses may take physical education electives in grades 10–12. The *District Course of Study, K-12* lists physical education elective course offerings.

Cheryl Hibbeln  
High School Resources Officer

APPROVED:



Executive Director, Leadership and Learning



## Physical Education Two-Year Exemption

**Exemption is contingent upon passing five of six standards administered in the FITNESSGRAM**

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 two years of physical education coursework any time during grades ten to twelve if you meet the following criteria:

- 1. You request 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 California *Ed Code*, 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 you may 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.

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

\_\_\_\_\_ 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 my schedule will include appropriate physical education courses.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Student Name

**A copy will be stored in your cumulative file.**



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

<b>Types of Credentials Required to Teach Physical Education</b>
<ul style="list-style-type: none"> <li>• Multiple Subject (Elementary) (MS)</li> <li>• Single Subject Physical Education (SS)</li> <li>• Special Teaching Authorization (STA) in Physical Education</li> </ul>

Type of Credential or Authorization	Monday	Tuesday	Wednesday	Thursday	Friday	Total for 10 days	Meets State Requirements
<b>Elementary K-6 (Minimum of 200 minutes every ten days)</b>							
• MS, SS, STA	20 minutes	20 minutes	20 minutes	20 minutes	20 minutes	200 minutes	Yes
<b>Middle School 6-8 (Minimum of 400 minutes every ten days)</b>							
• SS, STA	50 minutes	50 minutes	50 minutes	50 minutes	50 minutes	500 minutes	Yes
<b>Middle School 4-x-4 Block A-B Schedule (Minimum of 400 minutes every ten days)</b>							
• SS, STA	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"> <li>• Multiple Subject (Elementary) (MS)</li> <li>• Single Subject Physical Education (SS)</li> <li>• Special Teaching Authorization (STA) in Physical Education</li> </ul>

**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 <b>SS, STA</b>	50 minutes	50 minutes	50 minutes	50 minutes	50 minutes	500 minutes	<b>Yes</b> All minutes count toward physical education (5503, 5504 or 5701, 5702)
JROTC, Marching Band, Cheerleading, Color Guard, Show Choir <b>with SS, STA</b>	50 minutes	50 minutes	50 minutes	50 minutes	50 minutes	500 minutes	<b>Yes</b> <b>Marching Band</b> (5842) 1 <sup>st</sup> Semester <b>JROTC</b> 1 <sup>st</sup> Semester, 2 <sup>nd</sup> Semester
JROTC, Marching Band, Cheerleading, Color Guard, Show Choir <b>without SS, STA</b>	24 minutes (Only 49% counts toward PE)	24 minutes (Only 49% counts toward PE)	24 minutes (Only 49% counts toward PE)	24 minutes (Only 49% counts toward PE)	24 minutes (Only 49% counts toward PE)	240 minutes	<b>No</b> <b>Does not meet 400 minute requirement</b>



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 <b>SS, STA</b>	90 minutes	90 minutes	90 minutes	90 minutes	90 minutes	900 minutes	<b>Yes</b> 1 <sup>st</sup> semester 5503, 5504 2 <sup>nd</sup> semester 5701, 5702 2 year graduation requirement fulfilled
JROTC, Marching Band, Cheerleading, Color Guard, Show Choir <b>with SS, STA</b>	90 minutes	90 minutes	90 minutes	90 minutes	90 minutes	900 minutes	<b>Yes</b> <b>Marching Band</b> (5842) 1 <sup>st</sup> Semester=1 year <b>JROTC</b> 1 <sup>st</sup> Semester = one year 2 <sup>nd</sup> Semester = second year 2 year graduation requirement fulfilled
JROTC, Marching Band, Cheerleading, Color Guard, Show Choir <b>without SS, STA</b>	44 minutes (Only 49% counts toward PE)	44 minutes (Only 49% counts toward PE)	44 minutes (Only 49% counts toward PE)	44 minutes (Only 49% counts toward PE)	44 minutes (Only 49% counts toward PE)	440 minutes	<b>Yes</b> <b>Marching Band</b> (5842) 1 <sup>st</sup> Semester <b>JROTC</b> 1 <sup>st</sup> Semester, 2 <sup>nd</sup> 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 <b>SS, STA</b>	80 minutes	80 minutes	80 minutes	80 minutes	80 minutes	800 minutes	<b>Yes</b> 1 <sup>st</sup> semester 5503, 5504 2 <sup>nd</sup> semester 5701, 5702 2 year graduation requirement fulfilled
JROTC, Marching Band, Cheerleading, Color Guard, Show Choir <b>with SS, STA</b>	80 minutes	80 minutes	80 minutes	80 minutes	80 minutes	800 minutes	<b>Yes</b> <b>Marching Band</b> (5842) 1 <sup>st</sup> Semester=one year <b>JROTC</b> 1 <sup>st</sup> Semester = one year 2 <sup>nd</sup> Semester = second year 2 year graduation requirement fulfilled
JROTC, Marching Band, Cheerleading, Color Guard, Show Choir <b>without SS, STA</b>	39 minutes (Only 49% counts towards PE)	39 minutes (Only 49% counts towards PE)	39 minutes (Only 49% counts towards PE)	39 minutes (Only 49% counts towards PE)	39 minutes (Only 49% counts towards PE)	390 minutes	<b>No</b> <b>Does not meet 400 minute requirement</b>

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 <b>SS, STA</b>	89 minutes	89 minutes	89 minutes	89 minutes	89 minutes	445 minutes	<b>Yes</b> All minutes count toward physical education 5503, 5504 or 5701, 5702
JROTC, Marching Band, Cheerleading, Color Guard, Show Choir <b>with SS, STA</b>	89 minutes	89 minutes	89 minutes	89 minutes	89 minutes	445 minutes	<b>Yes</b> <b>Marching Band</b> (5842) 1 <sup>st</sup> Semester <b>JROTC</b> 1 <sup>st</sup> Semester, 2 <sup>nd</sup> Semester
JROTC, Marching Band, Cheerleading, Color Guard, Show Choir <b>without SS, STA</b>	44 minutes (Only 49% counts towards PE)	44 minutes (Only 49% counts towards PE)	44 minutes (Only 49% counts towards PE)	44 minutes (Only 49% counts towards PE)	44 minutes (Only 49% counts towards PE)	220 minutes	<b>No</b> <b>Does not meet 400 minute requirement</b>