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

<table>
<thead>
<tr>
<th>Types of Credentials Required to Teach Physical Education</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Total for 10 days</th>
<th>Meets State Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multiple Subject Self Contained Classroom (Elementary) (MS)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Single Subject Physical Education (SS)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multiple Subject + Supplementary Authorization in Physical Education (SA)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type of Credential or Authorization</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Total for 10 days</th>
<th>Meets State Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary K-6 (Minimum of 200 minutes every ten days)</td>
<td>20 minutes</td>
<td>20 minutes</td>
<td>20 minutes</td>
<td>20 minutes</td>
<td>20 minutes</td>
<td>200 minutes</td>
<td>Yes</td>
</tr>
<tr>
<td>Middle School 7-8 (Minimum of 400 minutes every ten days)</td>
<td>50 minutes</td>
<td>50 minutes</td>
<td>50 minutes</td>
<td>50 minutes</td>
<td>50 minutes</td>
<td>500 minutes</td>
<td>Yes</td>
</tr>
<tr>
<td>Middle School 4-x-4 Block A-B Schedule (Minimum of 400 minutes every ten days)</td>
<td>A 80 minutes</td>
<td>B 80 minutes</td>
<td>A 80 minutes</td>
<td>B 80 minutes</td>
<td>A 80 minutes</td>
<td>400 minutes</td>
<td>Yes</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Types of Credentials Required to Teach Physical Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Single Subject Physical Education (SS)</td>
</tr>
<tr>
<td>• Designated Subject Credential and Special Teaching Authorization in Physical Education (DSC + STA) (JROTC PE)</td>
</tr>
<tr>
<td>• Single Subject (any subject) + Limited Teaching Assignment working toward a Single Subject in Physical Education (Marching Band, Cheerleading, Color Guard) (LTA)</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Traditional High School</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type of Credential or Authorization</strong></td>
</tr>
<tr>
<td>Physical Education Class</td>
</tr>
<tr>
<td>SS</td>
</tr>
<tr>
<td>JROTC DSC + STA or SS</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Marching Band, Cheerleading, Color Guard</td>
</tr>
<tr>
<td>SS + LTA and working toward SS in Physical Education</td>
</tr>
<tr>
<td>Type of Credential or Authorization</td>
</tr>
<tr>
<td>------------------------------------</td>
</tr>
<tr>
<td>Physical Education Class SS</td>
</tr>
<tr>
<td>JROTC DSC + STA SS + LTA and working toward SS in Physical Education</td>
</tr>
<tr>
<td>Marching Band, Cheerleading, Color Guard SS + LTA and working toward SS in Physical Education</td>
</tr>
<tr>
<td>Type of Credential or Authorization</td>
</tr>
<tr>
<td>-----------------------------------</td>
</tr>
<tr>
<td>Physical Education Class SS</td>
</tr>
</tbody>
</table>
|                                   | 1st semester 5503, 5504  
|                                   | 2nd 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  
|                                   | 1st Semester = one year  
|                                   | 2nd 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)  
|                                   | 1st Semester = one year  
<p>|                                   | Must be in physical education or equivalent second semester. |</p>
<table>
<thead>
<tr>
<th>Type of Credential or Authorization</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Total for 10 days</th>
<th>Meets State Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Education Class SS</td>
<td>89 minutes</td>
<td>89 minutes</td>
<td>89 minutes</td>
<td>89 minutes</td>
<td>89 minutes</td>
<td>445 minutes</td>
<td>Yes</td>
</tr>
<tr>
<td>JROTC DSC + STA SS + LTA and working toward SS in Physical Education</td>
<td>89 minutes</td>
<td>89 minutes</td>
<td>89 minutes</td>
<td>89 minutes</td>
<td>89 minutes</td>
<td>445 minutes</td>
<td>Yes</td>
</tr>
<tr>
<td>Marching Band, Cheerleading, Color Guard SS + LTA and working toward SS in Physical Education</td>
<td>89 minutes</td>
<td>89 minutes</td>
<td>89 minutes</td>
<td>89 minutes</td>
<td>89 minutes</td>
<td>445 minutes</td>
<td>Yes</td>
</tr>
</tbody>
</table>
# 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**

HT: 10/28/14
# A Physical Education Modification for Injury or Illness
## Guidelines

<table>
<thead>
<tr>
<th>Time</th>
<th>Request</th>
<th>Who</th>
<th>Paper work</th>
<th>Result</th>
</tr>
</thead>
</table>
| Three days      | Verbal request           | Physical Education teacher       | None                                                                       | - Student must dress  
- Participate on a limited basis  
- Responsible for any missed work |
| Up to 10 days   | Nurse may authorize      | Nurse may authorize              | Physical Education Modification/Exemption Form for Injury or Illness        | - 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        | - 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                                                                  | - 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                                                                        | - 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                                                  | - 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 on 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 __________________

_________________________________________ Principal’s Printed Name Date

Counselor’s Signature ___________________________ Counselor’s Printed Name __________________

_________________________________________ Counselor’s Printed Name Date

Parent’s Signature ___________________________ Parent’s Printed Name __________________

_________________________________________ Parent’s Printed Name Date

Student’s Signature ___________________________ Student’s Printed Name __________________

_________________________________________ Student’s Printed Name Date

The Permanent Exemption for ______________________________ has been __________________ because:

Student’s Name ___________________________ Approved/Denied __________

_________________________________________ ___________________________ __________________

Scott Giusti Signature Date

Director of Physical Education, Health and Athletics

San Diego Unified School District

Physical Education, Health and Interscholastic Athletics :: 4100 Normal Street Rm. 2140 ::