

SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item # 10.2

Meeting Date: January 8, 2015

Subject: Approve Revision of Board Policy No. 6142.7 on Physical

Education

Action	
Public Hearing	

<u>Learning Support Unit/Department</u>: Academic Office/ Physical Education Department

<u>Recommendation</u>: Approve proposed Board policy.

<u>Background/Rationale</u>: The current Board Policy No. 6142.7 Physical Education Instruction was last updated on May 20, 2004, one year before state standards were adopted. The California State Board of Education on January 12, 2005, adopted the Physical Education Model Content Standards for California Public Schools, Kindergarten through grade Twelve. In addition, the Physical Education Framework for California Public Schools: Kindergarten through Grade Twelve was adopted by the State Board of Education on September 11, 2008.

Sacramento City Unified School District (SCUSD) Board of Education adopted a revised Board that aligns with the state laws, requirements and standards.

<u>Financial Considerations</u>: Costs associated with implementation of the policy include funding for revisions to courses of study, acquisition of special teaching authorizations, and professional learning. Total annual costs are estimated to be \$65,000.

Documents Attached:

- x Executive Summary
- x Revised Board Policy No. 6142.7 Physical Education Instruction Policy clean version
- x Revised Board Policy No. 6142.7 Physical Education Instruction Policy redlined version

Estimated Time of Presentation : 10 minutes

Submitted by: Iris Taylor, Assistant Superintendent for

Curriculum & Instruction

Approved by : José L. Banda, Superintendent

I. Overview

Sacramento City Unified School District (SCUSD) recognizes that physical education significantly contributes to students' wellbeing and to SCUSD's Strategic Plan; therefore, it is an integral part of our student's education experiences. Highality physical education instruction contributes to good health, develops fundamental and advanced motor skills, improves students students and provides opportunities for increased levels of physical fitness that are associated with high academic achievement.

The current Board Policy 6142.7 Physical Educatistruction was last updated on May 20, 2004e year before state standards were adopte the California State Board Education on January 12, 2005, adopted the Physical Education Model Contestandards for California Publichools, Kindergarten Through Gade Twelve These standards focus on the content of physical education and incorporate the detail required to guide the development of consistent, highality physical education instructional programs aimed at students learning and achievement. The standards provide a comprehensive vision of what students need to know and be able to do at each grade level. In addition, the standards provide a mode for high school course design. T

Education Policy will provide the guidelines necessary to create the learning environments that support quality physical education instruction and learning.

III. Budget

The cost implications of theolicychangerelate to providing an array of options for students to meet the physical education course requirements for graduation. This encompasses costs **adswith**at bringing the JROTC and **aro**hing band courses into content with the requirement outlined in CA Education Code including teacher certification, revisions to course of study content, and fitness testi3(u)2.2(ire)

to the Physical Education and framework and the use of a standards aligned curricullum. revisions also describe the overall course of study for Physical Education in grades 9

Students with Disabilities

The revised policy addresses adaptations to the program to meet the necessisc observed with disabilities. Students with disabilities will be provided with physical education that is a lignment with their Individualized Education Plan (IEPs) and 504 plans.

Physical Education Minutes

The state of CA Education Code (EC) mandation utesevery ten days for physical education instruction (EC Section 51210(g), 51223, 51222(E)) revised policy outlines the required inutesat each grade level, K-12, to provide guidance to school sites in scheduling their physical education programs.

VII. Lessons Learned/Next Steps

Next steps include the following:

- x Present the proposed revisions to the physical education policy in a second reading to the Board
- x Once approved, reconvene the committee to draft administrative regulations for the policy to provide further guidance on policy implementation

Sacramento City USD Board Policy

Physical Education

BP 6142.7 Instruction

The Board of Education recognizes the research and positive benefits of a quality physical education program on student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the District. All students in grades K shall be provided opportunities to be physically active on a regular basis through high-quality physical education instruction and may provide additional opportunities for physical activity throughout the school day. All students are expected to participate in the physical education program according to education code. The program will be modified for students with special needs. Opportunities for moderate to vigorous physical activity (MVPA) shall be provided the physical education classes. The district's physical education activities shall support the district's coordinated student wellness program and encourage students' lifelong fitness.

(cf. 5030 –Students Wellness) (cf. 5121 -Grades/Evaluation of Student Achievement) (cf. 6142.8 -Comprehensive Health Education) (cf. 6145.2- Athletic Competition) (cf. 6146.1 -High School Graduation Requirements)

The Superintendent or designee shall ensure that all students in <code>gradesde</code> ive the approprient amount of high quality physical education required by the Education Code. The school district shall adopt the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve. The school district shall also implies the contents of the Physical Education

The District's progr

- 51222 Physical education
- 51223 Physical education, elementary schools
- 51241 Temporary, two ear or permanent exemptions from sitral education
- 51242 Exemption from physical education for athletic program participants

Physical Education and California Schools, Policy Brief. October 2007

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and 20007e

StudentWellness: A Healthy Food and Physical Activity Policy Resource Greek April 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools: Kindergarten Through Grade 92,

Physical Education Mod@ontent Standards for California Public Schools: Kindergarten Through Grade 12. January 2005

Adapted Physical Education Guidelines for California Sch20083

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activitand Healthy Eating: A Selfssessment and Planning Guide for Elementary and Middle/High School 2000

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES PUBLICATINOS

2008 Physical Activity Guidelines for Americans, October 2008

WEB SITES

CSBA: http://www.csba.org

California Department of Education, Physical Fitness Testitug://www.cde.c111/wb1i1ttp:/.8s.07w ET /CS1 cs 04

Proposed Revision Board Policy

adopted: November 16, 1998 Sacramento, California

Revised: May 20, 2004 Sacramento California

Revised: 2013 Sacramento, California

Sacramento City USD

Board Policy Physical Education

BP 6142.7 Instruction

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