

## **PHYSICAL EDUCATION**

The Governing Board recognizes the benefit of physical activity on student health and academic achievement and wishes to provide a physical education program that 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, which will include a variety of kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance.

An alternate activity shall be provided for students with a physical disability that may restrict excessive physical exertion.

The Superintendent or designee may grant temporary exemption from physical education under any of the following conditions:

1. The student is ill or injured and a modified program to meet his/her needs cannot be provided.
2. The student is enrolled for one-half time or less.
3. The student in Grades 10-12 is excused for up to 24 clock hours in order to participate in automobile driver training.

The Superintendent or designee may exempt high school students from physical education when they are participating in school-sponsored interscholastic athletic programs carried on wholly or partially after regular school hours.

The Superintendent or designee may grant permanent exemptions from physical education to a student who is either:

1. Age 16 years or older and has been enrolled in Grade 10 for one or more academic years.
2. Enrolled as a postgraduate student.
3. Enrolled in a juvenile home, ranch, camp, or forestry camp school with scheduled recreation and exercise.

The Superintendent or designee may exempt students, with their consent, from any two years of physical education courses during Grades 10-12.

The Superintendent or designee may excuse any student in Grades 10-12 who attends a regional occupational center or program from attending physical education courses if such attendance results in hardship because of the travel time involved.

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Physical education course credit may be granted to secondary school students engaged in an Independent Study Physical Education Program (ISPEP) as approved by the Superintendent or designee. Approval for such credit must be obtained prior to enrollment in such a program. ISPEP applications are available at all secondary school offices.

*Legal Reference:*

**EDUCATION CODE**

*33350 CDE responsibilities re: physical education*

*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*

Policy

adopted: February 8, 1999

revised: August 14, 2006

**CAPISTRANO UNIFIED SCHOOL DISTRICT**

San Juan Capistrano, California