

<b>Routing:</b> All Site Administrators, Physical Education Teachers	<b>SITE OPERATIONS  BULLETIN</b>  <b>School Year 2024-2025</b>	<b>BULLETIN  NUMBER: 101</b>  <b>DATE:</b> August 9, 2024  <b>DUE DATE:</b> <b>Please review the  information by  August 31, 2024</b>
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**Title:** 2024-25 PHYSICAL EDUCATION K-12

**Issuing Department:** PE, Health & Athletics, Office of Graduation

**Reference:** [Administrative Regulation \(AR\) 6142.7](#)  
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), 51223; 51241(b), 60800 Title IV, 106.33, 106.34

**Summary:** Review Physical Education requirements to assure compliance with federal and state mandates regarding number of minutes students must engage in physical education, student enrollment in physical education, certification standards for physical education teachers, injury and illness protocols, exemption information for high school students, and some updates and reminders regarding things like the Fitnessgram/Physical Fitness Testing (PFT), Independent Study, and Aquatics Plans.

**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.

**Exemplary Physical Education Classrooms**  
Please see this [Physical Education Classroom Guide for Administrators](#) to help as an observation tool. Also [here](#) is a reference guide for all things in the Physical Education classroom.

- Elementary Schools**
1. Every ten (10) school days all students in grades one through six (1-6) must receive 200 minutes of physical education taught during the school day by a California-credentialed teacher.
    - a. The IMPACT Program does count towards physical education instructional minutes and must be led by a credentialed teacher when being utilized.

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- b. Please note that YMCA PLAY, PTSA paid programs, and VAPA courses do not count towards physical education minutes and should not be included.
  - i. Please note that the minutes students are engaged in dance may count towards physical education minutes however, it is best practice for this instruction to align to the grade level standards described in the CA Physical Education Model Content Standards.
2. The teacher must have one of the following credentials:
  - a. Multiple Subject
  - b. Single Subject Physical Education; Multiple Subject + Supplementary Authorization in Physical Education
3. School schedules reflecting instruction time in physical education must be submitted to the Physical Education, Health and Athletics Department by October 31st each year. (directions on how to do this will be shared).
4. [AR 6142.7](#) 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 Modifications for Injury or Illness Form](#) 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 allow 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.

\*School sites are responsible to ensure that students receive at least the minimum number of physical education minutes of instruction required by California Education Code.

### **Elementary Prep/Enrichment Information Related to Physical Education**

1. Please see the following sections in the [SDEA contract](#): Section 8.6.1, Appendix M, and Section 8.6.4.2.

### **Elementary Minute Collection Process**

Elementary school site minutes for Physical Education will be collected as part of the annual district process. A tool (Google Form) will be given to each site administrator where they will make a copy for their school site. It will then be sent from the admin to all teachers to each individually fill out. They will indicate what times and days they are taking students out for the required 200 Physical Education minutes per CA Ed Code 51223.

### **K-8 Schools**

Elementary schools and schools with grades one through eight (1-8), inclusive, must provide a minimum of 200 PE minutes to pupils each 10 school days excluding recess and lunchtime.

The elementary minute collection process located above is also applicable to K-8 schools.

### **Middle Schools**

1. Every ten school days all students in grades seven through twelve (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:
  - a. Single Subject Physical Education

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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 (more information can be found on the Physical Education Website if needed).
5. [AR 6142.7](#) must be followed for students 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 Modifications for Injury or Illness Form](#) 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.

### **High School (Course 5503, 5504, 5701, 5702)**

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:
  - a. Single Subject Physical Education
  - b. 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 Core, Drill Team/Cheer Core, JROTC PE Core etc.)
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. "Core" Physical Education Classes
  - a. Course titles that have a designation of "Core" are approved to receive Physical Education credit.
  - b. Courses that have course title with "Elective" will not receive Physical Education credit.
6. Physical education course syllabi must be posted and must be consistent with the district's curriculum and course of study (more information can be found on the Physical Education Website if needed). Syllabi must incorporate the eight California physical education content areas.
7. The State of California requires that students take four years of physical education unless students qualify for a physical education exemption. After qualifying for an exemption, 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 as well as all students in grade 10, since the two-year exemption is not currently available.
8. Exemption from California Physical Education Requirements: [District Exemptions in Physical Education form](#)
  - a. \*Per the State of California, the two-year exemption is currently not an option due to the revisions to the Fitnessgram as only participation data is collected and there are no scores. 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

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- completed two years of physical education must submit an exemption application, due to the changes this is not possible at this time.
- b. Permanent exemption requirements are the following: The student must have completed the 4 credits/2-year graduation requirement and the student must be 16 years old or older and has been enrolled in grade 10 for one or more academic years. (Education Code section 51241[c]1).
9. 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.
  10. [AR 6142.7](#) must be followed for students 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 Modifications for Injury or Illness Form](#) 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.

### Adapted Physical Education (APE)

1. Please see this [APE information letter for school sites](#) that includes information about needed teaching space, office space, keys, etc.
2. APE is a service not a course placement nor a prep. \*IEP services are supported by the APE teacher.
3. Ensure that all environments are considered when determining the Least Restrictive Environment (LRE) for the student.
4. The APE initial referral process can be found [here](#).
5. Please see the 2024-25 Special Education Integrated Services Staffing list for assignments [here](#).

### Secondary Class Sizes/Caps

1. Please see the following section in the [SDEA contract](#): Section 13.3.6.

### Fitnessgram/Physical Fitness Testing (PFT)

1. Per the San Diego County Office of Education (SDCOE):  
The California Department of Education (CDE) recently announced that PFT procedures and requirements for 2022-23 will remain in place for the 2023-24 school year, including:
  - a. All students in grades 5, 7, and 9 will participate in physical fitness using the Fitnessgram assessments and their results recorded.
  - b. There will be no submission of student-level data. Participation information will be collected and reported on the School Accountability Report Card (SARC).
  - c. Information related to calculating a student's body mass index (height, weight, gender, birthday, etc.) **should not be collected**.
  - d. Healthy Fitness Zones (HFZs) should not be used.
  - e. Students with disabilities are to be given as much of the test as their condition will permit.
  - f. Two-year exemptions based on pupils satisfactorily meeting five of the six standards of PFT are not currently available. Students are not eligible for a

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physical education exemption until they are 16 years of age or older and have been enrolled in 10th grade for at least one academic year.

### Independent Study

1. Independent study PE courses are not available districtwide.
2. These offerings are only available at full independent study school site campuses such as iHigh Virtual Academy or Mt. Everest Academy.

### Aquatics Plans

1. Aquatics plans are required and need to be filled out, submitted for review and approval, and on file in the PE, Health & Athletics Office prior to students entering the water.
2. Please see the Pool/Aquatics section on the district PE & Health website [here](#) for more information.
3. The District owned [Standley Pool](#) is available for PE swim lessons, more information can be found [here](#).
4. Aquatics circular for reference found [here](#).

### Contact Information

1. The PE, Health and Athletics Support Team Contact list can be found [here](#).

Please visit the Physical Education website: <https://sdusdphysicaleducationhealth.com/#>

Please add our twitter page: [https://twitter.com/HEALTH\\_PHYSI\\_ED](https://twitter.com/HEALTH_PHYSI_ED)

And know that this Canvas page is available for Physical Educators:

<https://sandiegounified.instructure.com/courses/193270/modules>

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