

TO: MEMBERS, BOARD OF EDUCATION
FROM: DR. ANTHONY W. KNIGHT, SUPERINTENDENT
DATE: NOVEMBER 17, 2015
SUBJECT: B.3.b. APPROVE REVISED PHYSICAL EDUCATION REQUIREMENTS FOR OAK PARK HIGH SCHOOL

ACTION

ISSUE: Shall the Board of Education approve the revised Physical Education requirements for Oak Park High School?

BACKGROUND: This revision, which would take effect in 2016-2017, was developed by OPHS administration. It was reviewed and endorsed by School Site Council on Nov 17, 2015. The revision allows ninth grade students to be exempt from attending courses of physical education, if the student is engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours. This revision is aligned with the OPUSD Moral Imperative 1k, which states the goal, "Refine our athletic programs to ensure they emphasize and develop leadership, teamwork, diversity, and individual athletic potential." To ensure that "More flexibility will be available in terms of P.E. credit for in school and out of school athletics." It is also aligned with the goal of developing strategies to reduce stress.

Currently, ninth grade students must take Physical Education regardless of whether they are playing a school sponsored sport. This often results in these students having 90 minutes of PE as well as the 2-3 hours of practice for their sport on the same day. It also requires them to take Zero period class if they want to pursue an elective if their sport happens to be scheduled within the day. The high school is attempting to reduce the number of students who have to take zero period to allow them to take advantage of the later start time. Oftentimes, these students take zero period as part of a seven period schedule as well as playing a sport after school making for a very long day before they get home, have dinner, and begin homework.

These ninth grade students would earn no PE credit for their engagement in athletics, until they have passed the California Physical Fitness Test (CPFT) after which they would be able to earn credits for sports participation or PE courses. The revision is aligned with CA Ed Code 51242 and OPUSD Board Policy 51242 with regard allowing student athletes to be exempt from enrolling in PE. It creates greater flexibility for student/athletes to satisfy the ninth grade PE requirement while also meeting the CPFT requirement. It permits student athletes to sign up for electives in 9th grade rather than having to take PE along with playing a sport.

ALTERNATIVES: 1. Approve the revised Physical Education requirements for Oak Park High School.
 2. Do not approve the revised Physical Education requirements for Oak Park High School.

RECOMMENDATION: Alternative No. 1

Respectfully submitted,

 Anthony W. Knight, Ed.D.
 Superintendent

Board Action: On motion of _____, seconded by _____, the Board of Education:				
VOTE:	AYES	NOES	ABSTAIN	ABSENT
Hazelton	_____	_____	_____	_____
Helfstein	_____	_____	_____	_____
Laifman	_____	_____	_____	_____
Rosen	_____	_____	_____	_____
Ross	_____	_____	_____	_____
Student Rep	_____	_____	_____	_____

Rationales for Proposed Revision to OPHS Physical Education Requirements

OPUSD BP 6142.7(c) The Superintendent or designee may grant an exemption from physical education under the following special circumstances: The student is in a high school and engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours. (Education Code 51242)

CA Education Code 51242 The governing board of a school district may exempt any four-year or senior high school pupil from attending courses of physical education, if the pupil is engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours.

For many student athletes, most of who are already strenuously exercising 15 hours a week for their team, the incremental educational value of P.E. is minimal, and an inefficient use of time and resources.

Given that the intent of P.E.'s physical exercise is met and far exceeded by sports participation, the incremental educational value of the P.E. class is very small, and therefore an inefficient use of the students' already scarce time and the schools' resources. The marginal student benefits of P.E. to those student athletes must be weighed against the much greater academic benefits of replacing the class with a course or opportunity that has much more educational value toward the individual student's graduation prospects, academic interests, college and career aspirations, or improves the student's health and social/emotional well-being.

Requiring P.E. of a student athlete makes it even more difficult for those students to complete courses in time consuming and demanding academic and co-curricular programs.

Many OPHS students, both athletes and non-athletes, in a variety of challenging programs, AP, Band, Adv. Peer Counseling, Acadeca, Student Government, etc., have a difficult time taking all of their graduation requirements, satisfying UC's and CSU's A-G requirements and recommendations, taking enriching electives, staying emotionally and physically healthy, and/or balancing the needs of community and family in the high school schedule. To satisfy all of the demands, most of those same students either have to take zero period starting as early as 7:10 a.m. (which means less sleep and proven detrimental effects to student achievement and health, and results in seven or even eight classes per day) or take summer school PE.

This proposal does not request a change to high school graduation requirements, and is supporting multiple *District Moral Imperatives* objectives and LCAP priorities. Our current students should have the opportunity to register for courses and make choices that are more advantageous to their academic, college and career preparedness, extracurricular, and health needs

Those student athletes taking the Exemption Option will then have flexibility to eliminate the need for zero period or summer school P.E, enroll in other required or elective classes, or receive extra academic support, consistent with the best interests of the student, and with guidance from the counselor.

The existing policy often necessitates excessive physical exertion from the combined P.E. class and sports, which can be unhealthy and lead to overuse injuries and insufficient energy for homework.

Students in team sports rigorously exercise two to four hours per day, weekend and holiday workouts are not uncommon, and weekend competitions can last all day. A football player, for example, who is strenuously exercising two and a half hours after school each day does not need or benefit from another 90 minutes of cardiovascular exercise. In fact, the fourth and fifth hour of

physical exercise in P.E. can be excessive for some, leaving them vulnerable to exhaustion and overuse injury. With the block schedule, a 95-minute period of extra P.E. class can add up to five and a half hours of total exercise every school day, and can therefore be even more detrimental. The four to five and a half hours of strenuous exercise can leave students too tired for the considerable homework awaiting them at home. This proposal strikes an appropriate balance between physical activity and academic work, so that students can perform better in both, and demonstrates that our District puts students' academic success and social/emotional well-being at the forefront of its policy.

Possible Concerns and Objections

Some physical education staff will state that P.E. is designed to teach more than physical fitness; it is also about physical education; therefore students who don't take all of the P.E. requirements will miss out on such things as being exposed to new sports, exercise plans, and some physiology. They believe that standard P.E. classes are just as important as any other class and should not be marginalized.

Every class taught at our high school has value, and it is appropriate for teachers to advocate for their subjects. We share the commitment to two years of Physical Education, as required by the Ed Code, as an integral part of OPUSD's education, which is why the Athletic P.E. Exemption should not be available for unqualified students. If students are not competing in interscholastic sports then they will receive the full physical fitness and health benefits from two years of P.E. Since for many student athletes the incremental educational value of P.E. is small, those students should have the option to make other choices that are actually advantageous to their academic, college/career, and health needs. These advantages are accomplished without sacrificing the student's physical fitness, and may actually improve the health and well-being of the student.

But the District values P.E. and Student Wellness

Our District should value P.E. and this proposal supports that value. In addition to P.E., our District values the arts, science, math, academic success, students' social/emotional well-being, graduation, career exploration, going to college, and many other components of education, and individuals assign their own value and importance to those priorities. As a matter of education policy, however, the value of a course or policy should be determined by its use in achieving educational objectives and LCAP priorities. The minimal educational importance and complete lack of health benefits of P.E. to a student who is already benefiting from 15 hours a week of exercise for the sport is of no value to achieving our District Moral Imperatives or LCAP priorities. Indeed, the current policy can be a barrier to taking classes or making choices that would have much greater value toward achieving those objectives and priorities.

OAK PARK UNIFIED SCHOOL DISTRICT ADMINISTRATIVE REGULATION

Series 6000

Instruction

AR 6142.7(a)

Physical Education and Activity

Physical education is a sequential educational program that teaches students to understand and participate in regular physical activity for developing and maintaining physical fitness throughout their lifetimes, understand and improve their motor skills, enjoy using their skills and knowledge to establish a healthy lifestyle, and understand how their bodies work.

Physical activity is bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure, including exercise, sport, dance, and other movement forms.

Moderate physical activity is any activity which generally requires sustained, rhythmic movements and refers to a level of effort a healthy individual might expend while, for example, walking briskly, dancing, swimming, or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity.

Vigorous physical activity is any activity, which generally requires sustained, rhythmic movements and refers to a level of effort a healthy individual might expend while, for example, jogging, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill. Vigorous physical activity may be intense enough to result in a significant increase in heart and respiration rate.

Instructional Time

Instruction in physical education shall be provided for a total period of time of not less than 200 minutes each 10 school days for students in grades 1-6 and not less than 400 minutes each 10 school days for students in grades 7-12. (Education Code 51210, 51222, 51223)

Students in grades 10-12 who have been granted a two-year exemption pursuant to Education Code 51241(b) shall be offered a variety of elective physical education courses of not less than 400 minutes each 10 school days. (Education Code 51222)

Students in grades 10-12 who have been granted a two-year or permanent exemption from physical education pursuant to Education Code 51241(b)(1) or (c) shall not be permitted to attend fewer total hours of courses and classes than they would have attended if enrolled in a physical education course. (Education Code 51241)

Students in a regional occupational program or center who are exempted from physical education pursuant to Education Code 52316 shall have a minimum school day of 180 minutes. (Education Code 52316)

High school students engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours may be exempted from attending courses of physical education (Education Code 51242)

OAK PARK UNIFIED SCHOOL DISTRICT ADMINISTRATIVE REGULATION

Series 6000

Instruction

AR 6142.7(b)

Monitoring Moderate to Vigorous Physical Activity

To monitor whether students are engaged in moderate to vigorous physical activity for at least 50 percent of physical education class or session time, the Superintendent or designee may:

1. Develop methods to estimate the amount of time students spend in moderate to vigorous physical activity or the number of students who are inactive during physical education classes
2. Provide physical education teachers with staff development, self-monitoring tools, stopwatches, and/or heart rate monitors to assist them in planning and assessing the level of activity in their classes

(cf. 4115 - Evaluation/Supervision)

Physical Fitness Testing

During the annual assessment window between the months of February, through May, students in grades 5, 7 and 9 shall be administered the physical fitness test designated by the State Board of Education. (Education Code 60800; 5 CCR 1041)

(cf. 6162.5 - Student Assessment)

The Superintendent or designee may provide a make-up date for students who are unable to take the test based on absence or temporary physical restriction or limitations, such as students recovering from illness or injury. (5 CCR 1043)

On or before November 1 of each school year, the Superintendent may designate an employee to serve as the district's physical fitness test coordinator and so notify the test contractor. The test coordinator shall serve as the liaison between the district and California Department of Education for all matters related to the physical fitness test. His/her duties shall be those specified in 5 CCR 1043.3, including, but not limited to, overseeing the administration of the test and the collection and return of all test data to the test contractor. (5 CR 1043.4)

Students shall be provided with their individual results after completing the physical performance testing. The test results may be provided in writing or orally as the student completes the testing and shall be included in his/her cumulative record. (Education Code 60800; 5 CCR 1043.10, 1044)

(cf. 5125 - Student Records)

The Superintendent or designee shall report the aggregate results of the physical fitness testing in the annual school accountability report card required by Education Code 33126 and 35256. (Education Code 60800)

(cf. 0510 – School Accountability Report Card)

**OAK PARK UNIFIED SCHOOL DISTRICT
ADMINISTRATIVE REGULATION**

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Instruction

AR 6142.7(c)

Testing Variations

All students may be administered the state's physical fitness test with the following test variations: (5 CCR 1047)

1. Extra time within a testing day.
2. Test directions that are simplified or clarified

All students may have the following test variations if they are regularly used in the classroom: (5 CCR 1047)

1. Audio amplification equipment
2. Separate testing for individual students provided that they are directly supervised by the test examiner
3. Manually Coded English or American Sign Language to present directions for test administration

Students with a physical disability and students who are physically unable to take all of the test shall undergo as much of the test as their physical condition will permit. (Education Code 60800; 5 CCR 1047)

Students with disabilities may be provided the following accommodations if specified in their individualized education program (IEP) or Section 504 plan: (5 CCR 1047)

1. Administration of the test at the most beneficial time of the day to the student after consultation with the test contractor
2. Administration of the test by a test examiner to the student at home or in the hospital
3. Any other accommodation specified in the student's IEP or Section 504 plan for the physical fitness test

(cf. 6159 – Individualized Education Program)

(cf. 6164.6 – Identification and Education Under Section 504)

Identified English learners may be allowed the following additional test variations if regularly used in the classroom: (5 CCR 1048)

1. Separate testing with other English learners, provided that they are directly supervised by the test examiner
2. Test directions translated into their primary language, and the opportunity to ask clarifying questions about the test direction in their primary language

**OAK PARK UNIFIED SCHOOL DISTRICT
ADMINISTRATIVE REGULATION**

Series 6000

Instruction

AR 6142.7(e)

Additional Opportunities for Physical Activity

The Superintendent or designee shall implement strategies for increasing opportunities for physical activity outside the physical education program, which may include, but not be limited to:

1. Training recess and lunch supervisors on methods to engage students in moderate to vigorous physical activity

(cf. 1240 - Volunteer Assistance)

(cf. 4231 - Staff Development)

(cf. 5030 - Student Wellness)

2. Encouraging teachers to incorporate physical activity into the classroom

3. Establishing extracurricular activities that promote physical activity, such as school clubs, intramural athletic programs, dance performances, special events, and competitions

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.5 - Student Organizations and Equal Access)

4. Incorporating opportunities for physical activity into before- or after-school programs and/or child care and development programs

(cf. 5148 - Child Care and Development Program)

(cf. 5148.2 - Before/After School Program)

5. Exploring opportunities for joint use of facilities or grounds in order to provide adequate space for students and community members to engage in recreational activities

(cf. 1330.1 - Joint Use Agreements)

6. Developing business partnerships to maximize resources for physical activity equipment and programs

(cf. 1700 - Relations Between Private Industry and the Schools)

7. Developing programs to encourage and facilitate walking, bicycling, or other active transport to and from school

(cf. 5142.2 - Safe Routes to School Program)

Adopted: 9-17-02

Amended: 6-17-03, 7-07, 2-10