

Physical Education Question and Answer Oct. 9 & 10 Webcast

STEVE WINLOCK: What is the required course content for high-school students enrolled in physical education? It sounds like a question for you, Barbara.

BARBARA RUTH: Thanks. According to California Code of Regulations Title 5, Section 10060, your course of study must provide instruction and a developmental sequence in the following areas. One, affects of physical activity on dynamic health; two, mechanics of body movement; three, aquatics; four, gymnastics and tumbling; five, individual sports; six, rhythms and dance; seven, team sports; and eight, combat class.

STEVE WINLOCK: What are the minute requirements for grade seven and eight and in a K-8 school?

BARBARA RUTH: The minutes requirements for a seventh and eighth grade class in a K-8 school if the district is not designated elementary is 400 minutes every ten schooldays. If the district is designated as an elementary school district, it's 200 minutes every ten schooldays.

STEVE WINLOCK: With respect to the eight physical education content standards, our district does not have a pool and there is no pool close by, must we still meet the aquatics requirements? Hmm.

BARBARA RUTH: Yes. You must still offer some type of an aquatic course, be it dry aquatics or water safety instruction, river safety, pool safety, some type of book learning or video learning. But you still must meet some type of an aquatic instruction.

STEVE WINLOCK: Could you explain, Barbara, dry aquatics? I'm curious. How about the rest of you?

BARBARA RUTH: Sure. Dry aquatics would be teaching the different strokes such as laying down on a bench and teaching how to do the crawl while their hands are free. That's a form of dry aquatics. So, you teach the mechanics on the pool deck or on the ground.

STEVE WINLOCK: The mechanics without the water?

BARBARA RUTH: Correct.

STEVE WINLOCK: If a student has been exempt from required attendance in PE, do we have to offer them any further access to physical education? Barbara?

BARBARA RUTH: Yes. School district, once you have exempted a student from course one or course two PE, you must offer some form of an elective PE course, multiple courses, and each course must meet the 400 minutes every ten schooldays requirement.

STEVE WINLOCK: Do charter schools have to offer physical education? Are they monitored? That's the question, Barbara.

BARBARA RUTH: Thank you. If a charter school specifically states in their charter that they are going to do physical education, then they must offer physical education to the same standard or higher standard than a non-chartered school. If their charter specifically states that they will not be offering physical education, then they are not held to those physical education standards. However, if they say they are not going to do PE, they still are required to do the fitness screening and testing.

STEVE WINLOCK: What can I expect from the CPM visit in terms of physical education?

BARBARA RUTH: Thank you. I'm going to pass that question on to my colleague, Dr. Robert Calvo.

STEVE WINLOCK: Dr. Calvo. Do I need to repeat the question?

ROBERT CALVO: No.

STEVE WINLOCK: Thank you. Please answer.

ROBERT CALVO: During the CPM visit you will be asked to provide the district minute report, that's for each grade and each class. For the high-school, you'll be asked to provide the schedule of the program of offerings by minutes. You'll also be asked a lot of questions about the program. One more thing, if you are a high-school you'll also need to provide a list of all the courses that you are offering to those student that have had been exempted.

STEVE WINLOCK: The V11PE4 and the VE11 or 7PE5 are not on the OPSET for PE. When might they be updated?

BARBARA RUTH: The updates on the OPSET are the--excuse me--the posting is pending, so you can look for those to occur relatively soon.

STEVE WINLOCK: Great. Thank you. What are all of those things?

BARBARA RUTH: Those are the standards by which they are measured.

STEVE WINLOCK: Thank you.

[END of Physical Education Question and Answer Oct. 9 & 10 Webcast]