

>> Barbra Ruth: Welcome to this CPM session.

We will focus on Physical Education.

We will cover elementary, middle, and high school Physical Education programs.

Hello, I'm Barbra Ruth, an education programs consultant for the California Department of Education.

I would like to introduce you to Dr. Bob Calvo, also an education programs consultant in the Department of Education.

>> Dr. Bob Calvo: I'm glad to be here to talk to you today.

The overall goal of this presentation is to increase your knowledge and understanding of the Physical Education program requirements to better prepare you for your CPM visit.

>> Barbra Ruth: Physical Education became an education priority for California schools in the early 1900s.

At that time, Physical Education instructional minute requirements were added to the California Education Code monitoring for compliance with state and federal statutes.

And regulations in Physical Education began in January of 2003.

Physical Education instruction is designated for all students in grades 1 through grade 12 and conducted in an inclusive manner, Title 9.

Through the Physical Education instruction, students gain the knowledge, skills, and confidence they need to be active in their youth and throughout adulthood.

When high school students are exempted from two years of Physical Education instruction by the local governing board of their district, certain requirements must be in place per education code.

The instructional minute requirements ensure that the physiological principles of physical activity are addressed via the instructional program.

>> Dr. Bob Calvo: Yes, Barbra.

The CPM process provides accountability for Physical Education by monitoring instructional time, and providing clarity for requirements that must be in place when high school students are exempted from two years of Physical Education by the local governing board of their school district.

Funding for the Physical Education Program is derived from the general fund rather than categorical funding.

The desired outcome of the Physical Education Program is to provide all students with high quality, comprehensive, sequential, and developmentally appropriate content.

Now, let us look at the specific legal requirements.

Those are all covered under Dimension 7, Teaching and Learning.

>> Barbra Ruth: Yes, Bob.

The CPM process monitors for compliance with statutory requirements.

These requirements are reflected in the seven monitoring items in the Physical Education instrument which is used to determine compliance.

Physical Education items are also included in the cross program instrument.

All districts must address the question, “Are all students receiving instruction in Physical Education according to the minimum requirements outlined in California statute and federal law?”

This key question encompasses all of the Physical Education items and prompts a series of supporting questions.

“Are elementary school students receiving the minimum number of instructional minutes each ten-day period?”

“Are all students who qualify for modified or adaptive Physical Education receiving the minimum Physical Education instructional minutes?”

“Are there students who are not enrolled in Physical Education courses?”

“Does each high school student have access to Physical Education elective courses?”

Focus on these questions as they pertain to your district while we move through the CPM monitoring items for Physical Education.

>> Dr. Bob Calvo: Now, let’s look at the monitoring items themselves.

Physical Education Item Number 1 examines the instructional minute requirement for students in grades 1 to 6.

The requirement is that all students, Grade 1 through 6, receive Physical Education instruction for a minimum of 200 minutes each ten-school days.

Students in grades 7 to 12 must receive a minimum of 400 minutes of Physical Education instruction every ten school days.

However, if students in Grade 7 and 8 attend a K-8 elementary school, they are required to complete a minimum of only 200 minutes every ten school days.

Also, Grade 6 students attending a middle school are only required to complete a minimum of 200 minutes every ten school days.

>> Barbra Ruth: The Education Code requires four years of Physical Education instruction.

School districts may exempt students from two of the four years of Physical Education instruction as allowed by state statute.

Students exempted from Physical Education shall be offered a variety of Physical Education elective courses for a minimum of 400 minutes every ten school days.

A student should have access to a variety of Physical Education elective courses and the elective courses must be accessible by all students.

The Physical Education content standards for California public schools provide a model for high school course design.

>> Dr. Bob Calvo: And now, Barbra, we come to the most critical requirement; the content areas required for all California students.

These are listed in the California Code of Regulations, Title 5, Section 10060 as courses, the district must provide:

One, effects of physical activity upon dynamic health;

Two, mechanics of body movement;

Three, aquatics;

Four, gymnastic and tumbling;

Five, individual and team sports;

Six, rhythms and dance;  
Seven, team sports;  
Eight, combatives--may include self-defense.  
Regardless of course title, the content must address these eight areas of Physical Education instruction.

>> Barbra Ruth: Would you elaborate on that, Bob?

>> Dr. Bob Calvo: Of course, Barbra.  
Take aquatics as an example.  
Let us suppose that a high school does not have a pool nor can they arrange to rent a pool from another agency.  
They must offer a course in dry aquatics.

>> Barbra Ruth: Education Code 33352 (9) speaks to all teachers who offer instruction in Physical Education in any of grades 1 through 12, inclusive.  
They must hold appropriate teaching credentials issued by the Commission of Teacher Credentialing.

CPM visit.

Let us talk a little bit about what to expect during your Physical Education monitoring visit.

The CPM team member for Physical Education will look at lesson plans, schedules, and other documents that the district and site provide.

They will conduct classroom visits to observe Physical Education instruction.

This concludes our presentation--

Education Code Section 33352 (9) speaks to all teachers who offer instruction in Physical Education in any of grades 1 through 12, inclusive.

They must hold appropriate teaching credentials issued by the Commission of Teacher Credentialing.

CPM visits.

Let us talk a little bit about what to expect during your Physical Education monitoring visit.

The CPM team member will, for, uh--sorry--for Physical Education will look at lesson plans, schedules, and other documents that the district and site provide--

They must hold appropriate teaching credentials issued by the Commission on Teacher Credentialing.

CPM visits.

Let us talk a little bit about what to expect during your Physical Education monitoring visit.

The CPM team member for Physical Education will look at lesson plans, schedules, and other documents that the district and site provide.

They will conduct classroom visits to observe Physical Education instruction.

This concludes our presentation.

Thank you for joining us.