



**LOS ANGELES UNIFIED SCHOOL DISTRICT
POLICY BULLETIN**

TITLE: Elementary Physical Education Programs

NUMBER: BUL-4656.1

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POLICY: The purpose of this Bulletin is to ensure that elementary schools take the necessary steps to comply with the July 8, 2008 Board Resolution: “Physical Education is a Priority” and the Office of the Inspector General audit April 10, 2013.

MAJOR CHANGES: Instructions for principals to enter their school site schedule for physical education.

BACKGROUND: On July 8, 2008, the Board of Education unanimously adopted a resolution establishing physical education instruction as a priority. The State of California has also made physical education a priority due to the rising costs associated with obesity and related diseases due to lack of physical activity.

With the passing of this resolution, the Board adopted the California Model Content Standards for Physical Education K-12 and identified the elementary class size guidelines for physical education instruction. With the current emphasis on health-related fitness and its link to academic achievement, it is important to examine our physical education programs and ensure that they are in compliance with state and federal mandates governing physical education.

The Office of the Inspector General conducted an audit of elementary physical education and found that elementary schools needed to ensure that the elementary students were getting the 200 minutes of physical education instruction each 10 school days.

GUIDELINES: **Minute Time Requirements established by the California Education Code for physical education instruction** are intended to ensure that physical education is an integral part of the instructional program for all students.

ROUTING All

Locations Board
Members
Administrators
Physical Education Teachers



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Elementary: Students in grades 1-6 shall have 200 minutes of physical education each 10 school days, exclusive of lunch time and recess (EC§51210).

Span Schools: Students attending Span Schools (schools with grade 1 through 8 configurations) shall have 200 minutes of physical education each 10 school days, exclusive of lunchtime and recess (EC§51213).

Elementary Physical Education Instruction: To ensure that students have access to qualified teachers, the only minutes of physical education instruction that



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Compliance steps to ensure the mandated physical education minutes are met:

1. Create a school wide physical education class schedule that designates when each teacher is to take his or her students out for physical education.
 - The schools schedule is to allow for transition time for moving the student's from the classroom to the playground and visa-versa; these minutes shall not be counted towards the 200-minute requirement. It is recommended that instruction period allows for 30 minutes per-day, this will provide for 5 minutes of transition to and from the playground or multi-purpose room.
 - The only minutes that count for physical education are the minutes taught by the appropriately credentialed teacher as described above.
 - The minutes must add up to a minimum of 200 minutes over each ten school days throughout the school year.
 - The schedule is to allow for adequate teaching space that is separate from the playground area used during recess time.
 - Adequate equipment is to be provided to permit active participation and practice for every student (For example one ball per student or pair of students). A variety of equipment should be selected to accommodate the



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- size, confidence, and skill levels of the students.
 - The school wide schedule is to provide equal opportunity for each classroom to rotate through the playground and multi-purpose areas through-out the year.
2. Each teacher must provide evidence of planning to reflect the correct time and day as shown in the school wide physical education schedule.
 - The teacher's evidence of planning is to have the standard or skill that the students are to learn at that period of time.
 - The evidence provided is to be descriptive. For example "soccer dribbling skills" or Grade 2, 1.15 "Foot-dribble, with control, a ball along the ground."
 3. During the teacher's scheduled physical education time, the teacher needs to take their class out to the designated area for the physical education instruction; on inclement weather days, appropriately modified instruction is to take place inside a sheltered area.
 - An appropriate instructional lesson includes an appropriate warm-up, fitness, activity lesson, and cool-down based on district standards.
 - Lessons are to be designed to encourage maximum participation for all students.
 - All students are to move at a moderate to vigorous level for a minimum of 50% of the class time.
 - For learning tasks and games, students should be grouped according to the grade level group sizes no larger than grade level they are in (grade 2 in pairs, grade 3 in three's).
 - The students are to experience learning in a safe, secure, enjoyable class setting.
 4. The principal must approve and sign the school wide physical education schedule and turn it into the local district director for the school. The local district director must approve and sign the schedule and keep it on file.

Elementary Physical Education Class Size

An elementary physical education class is defined as one classroom per credentialed teacher.

Elementary School Site Schedule for Physical Education

Go to the link below to access the bell schedule portal.

<https://principalportal.lausd.net/>



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1. Login with your SSO and Password.
2. Click on Bell Schedule link.
3. Change the cost center to a valid school and click “change location”
4. Click on “2013-2014 PE schedule” to the PE schedule page.
5. Download the Elementary Physical Education Bell Schedule Template.
6. Read through the instructions in the middle of the page. Make sure to fill in the information to the left of the instructions (school name, location code, school year, ESC and principal name).
7. Start on the left hand side of the template and fill in the teacher’s name or room number, list all classes. Fill in the time that each classroom will be taking their student’s out for physical education instruction. This must correspond with the classroom teachers posted schedule in the classroom. (See page 2 of this bulletin)
8. Make sure to fill in the time and day for a typical two-week period of time with professional development.
9. Click on the Submit button to upload the document
10. Remind teachers to follow the schedule that has been submitted, if they want to make a change they are to notify the principal.

AUTHORITY: This is a policy of the Superintendent of Schools and the Board of Education. The following legal standards are applied in this policy.



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RELATED RESOURCES:

LAUSD Office of the Inspector General 2013 Audit, April 10, 2013, School Athletics and Physical Education Programs.

July 8, 2008, Resolution “Physical Education is a Priority”

San Diego State University, *Physical Education Matters: a Full Report from the California Endowment* (California Endowment January 2008) [hereafter “*Physical Education Matters II*”] at 1-2. See also San Diego State University, *Physical Education Matters* (California Endowment Policy Brief January 2007) [hereafter “*Physical Education Matters I*”]. Accord, UCLA Center to Eliminate Health Disparities and

Samuels & Associates, *Failing Fitness: Physical Activity and Physical Education in Schools* (California Endowment Policy Brief 2007).

Physical Education Model Content Standards for California Public Schools – Kindergarten Through Grade Twelve (California Department of Education, 2006).

Physical Education Framework for California Public Schools – (September 15, 2008).

ASSISTANCE:

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