



**LOS ANGELES UNIFIED SCHOOL DISTRICT
REFERENCE GUIDE**

TITLE: Student Physical Education Exemption Letter

NUMBER: REF-6082.0

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MAJOR CHANGES: This is a new Reference Guide.

BACKGROUND: State Education Code requires that “all pupils, except pupils excused or exempted pursuant to Section 51241, shall be required to attend upon the courses of physical education for a total period of time of not less than 400 minutes each 10 schooldays.”

Per EC 51241(b)(1) The governing board of a school district, with the consent of a pupil, may grant a pupil an exemption from courses in physical education for two years anytime during grades 10 to 12, inclusive, if the pupil has met satisfactorily at least five of the six standards of the physical performance test administered in grade 9.

Students must complete two years of physical education courses as a part of the LAUSD graduation requirements.

This is a state requirement for the Federal Program Monitoring.

PURPOSE: The purpose of this reference guide is to explain the process for documenting a student’s choice to exempt him or herself from physical education courses and the process for maintaining a record of that validation.

PROCEDURE: Schools should follow the procedures outlined below to ensure each student that meets the qualifications is informed of the physical education exemption opportunity. Record that the student has been informed and the student’s choice must be kept in the student’s cumulative folder.

Student exemptions can only be obtained after the school has received the official results of the physical performance test from the District. Students must have passed 5 of the 6 components on the physical education performance test: 1) Aerobic Capacity, 2) Abdominal Strength and

ROUTING
Local ESC Instructional Superintendents
Local ESC Secondary Instructional Directors
Principals
Assistant Principals of Student Counseling Services
Physical Education Department Chairs
Physical Education Teachers



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Endurance, 3) Upper Body Strength, 4) Body Composition, 5) Trunk Extensor Strength and Flexibility, and 6) Flexibility.

Student exemption does not exclude students from participation in an elective physical education course. High schools shall offer those exempted students a variety of elective physical education courses.

Procedures for documenting student choice vary for grade 10 and for grades 11-12.

I. Students in grade 10

- A. All 10th grade students that have met the physical fitness passing requirements must be provided the “*Student Physical Education Exemption*” letter (Attachment A).
- B. Students should have an opportunity to discuss the exemption option with their parent/guardian and return the signed document to the school.
- C. The returned document must be filed in the student’s cumulative folder.
- D. Counselors should be notified of the student’s decision.

II. Students in Grade 11 and Grade 12

- A. Students in grade 11 and grade 12 who have not met the passing requirement must be enrolled into a physical education class (this could be an online course) and be tested with the state mandated physical performance test.
- B. The testing window for students in grades 11-12 is all year long and ends at the end of the school year.
- C. Each student in grades 11-12 that meets the passing requirement must be provided the *Student Physical Education Exemption* letter and explained his or her choices.
- D. Follow the procedure for filing the document and notifying the counselor of the results.
- E. Once a student passes the fitness assessment and has met the graduation requirements, the exemption letter should be provided.



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Exempt students can have their class schedule changed when it is most convenient for the student and school.

F. Upon receipt of the signed letter, the exemption is valid.

III. Scores for the Fitnessgram can be found on MyData in the site map under Physical Fitness.

RELATED RESOURCES:

- Bulletin 2457.0, *Physical Education Exemptions*. May 8, 2006
- Bulletin 2528.1, *Physical Education Programs – Grades K-12*. December 21, 2009
- *Policy On Wellness In The Los Angeles Unified School District*. Los Angeles Unified School district, Board of Education, June 27, 2006.
- *California Education Code*; §51222, §51222(b),
- *Physical Education Framework for California Public Schools, Kindergarten through Grade Twelve*. 2009
- *Physical Education Model Content Standards for California Public Schools; Kindergarten through Grade 12*. 2004

ASSISTANCE:

For assistance or further information please contact Chad Fenwick, K-12 Physical Education Adviser, at (213) 241-6040.



School Letterhead

STUDENT PHYSICAL EDUCATION EXEMPTION

Dear Student,

Congratulations, you have passed the Fitnessgram!

To meet graduation requirements you must complete 20 credits in physical education—Advanced P.E. Courses 1AB and 2AB. Once these requirements have been met, you may choose to exempt yourself of the additional two years of physical education required by the state.

Exemption does not prevent you from taking P.E. as an elective or participating in sports.

Please make your choice below; *initial* your selection then sign below.

_____ I **choose to exempt myself from physical education beyond the two year district and state graduation requirements at this time**, but may choose to revoke this exemption later in my high school experience. If I do wish to make that change, I will contact my school counselor to change my selection.

_____ I **choose not to exempt myself from physical education at this time**, but may later in my high school experience. If I do wish to change my choice, I will contact my school counselor and change my selection.

_____ Date ____/____/_____

Student signature

Student: Please keep a copy of this page for your records and one copy will be placed into your student cumulative file.

Counselor name: _____