

Instruction

Physical Education

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](#))

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](#))

Physical Fitness Testing

During the month of February, March, April, or 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](#))

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 [1043.4](#), 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 CCR [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. (Education Code [60800](#); 5 CCR [1043.10](#))

Each student's scores on the physical performance test shall be included in his/her cumulative record. (5 CCR [1044](#))

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 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

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 directions in their primary language