

# Physical Education 2022–23 Program Instrument

**California Department of Education**

**May 2022**

## VII. Teaching and Learning

### PE 01: Instruction—Elementary School

1. Provides instruction to pupils in grades one through six, inclusive, in physical education (PE) for a total period of time of not less than 200 minutes each 10 school days exclusive of recesses and the lunch period  
   (California *Education Code* [*EC*] sections 33352[b][1], 51210[a][7], 51210.1[a][1][A])

#### Evidence Requests

##### Bell Schedule

Abbreviation: BlSchdl

Description: Current bell schedule that identifies when all PE classes are conducted for each school on the review schedule. School name must appear on the bell schedule.

Item Instructions:

Related Items: PE 01, PE 02, PE 03

##### District Calendar

Abbreviation: DstClndr

Description: Current school district calendar that identifies modified schedules such as minimum days and professional development days. This provides supporting evidence for PE instructional minutes.

Item Instructions:

Related Items: PE 01, PE 02, PE 03

##### Instructional Minutes Schedule

Abbreviation: PEInstrctnlMntsSchdl

Description: Current PE weekly schedules for each teacher providing PE instruction for each elementary school listed on the review schedule. Include the name of the teacher, the grade level of the students, the days of the week the PE instruction occurs and the duration.

Item Instructions:

Related Items: PE 01, PE 03

##### Master Schedule or Faculty Roster/Teacher Assignments

Abbreviation: MstrScdlFcltyTchrAsgnmnts

Description: Master schedule of all courses offered including electives and any course that is being substituted for PE credit at school sites for the current school year.

Item Instructions:

Related Items: PE 01, PE 02, PE 03, PE 06, PE 07, PE 09

### PE 02: Instruction—Middle and High School

1. Provides instruction in PE for a total period of time of not less than 400 minutes each 10 school days to pupils in grades seven to twelve, inclusive. (*EC* sections 51222[a], 33352[b][2])

#### Evidence Requests

##### Bell Schedule

Abbreviation: BlSchdl

Description: Current bell schedule that identifies when all PE classes are conducted for each school on the review schedule. School name must appear on the bell schedule.

Item Instructions:

Related Items: PE 01, PE 02, PE 03

##### District Calendar

Abbreviation: DstClndr

Description: Current school district calendar that identifies modified schedules such as minimum days and professional development days. This provides supporting evidence for PE instructional minutes.

Item Instructions:

Related Items: PE 01, PE 02, PE 03

##### Master Schedule or Faculty Roster/Teacher Assignments

Abbreviation: MstrScdlFcltyTchrAsgnmnts

Description: Master schedule of all courses offered including electives and any course that is being substituted for PE credit at school sites for the current school year.

Item Instructions:

Related Items: PE 01, PE 02, PE 03, PE 06, PE 07, PE 09

##### State Board of Education Waiver Approval

Abbreviation: SBEWvrAppr

Description: If a school site is on a block schedule other than an A/B schedule, it must submit the waiver approval from the State Board of Education (SBE).

Item Instructions:

Related Items: PE 02

### PE 03: Instruction—Elementary and Middle (K–8)

1. Provides instruction in PE for a total period of time of not less than 200 minutes each 10 school days to pupils in an elementary school maintaining grades one to eight, inclusive. (*EC* sections 33352[b][3], 51223[a])

#### Evidence Requests

##### Bell Schedule

Abbreviation: BlSchdl

Description: Current bell schedule that identifies when all PE classes are conducted for each school on the review schedule. School name must appear on the bell schedule.

Item Instructions:

Related Items: PE 01, PE 02, PE 03

##### District Calendar

Abbreviation: DstClndr

Description: Current school district calendar that identifies modified schedules such as minimum days and professional development days. This provides supporting evidence for PE instructional minutes.

Item Instructions:

Related Items: PE 01, PE 02, PE 03

##### Instructional Minutes Schedule

Abbreviation: PEInstrctnlMntsSchdl

Description: Current PE weekly schedules for each teacher providing PE instruction for each elementary school listed on the review schedule. Include the name of the teacher, the grade level of the students, the days of the week the PE instruction occurs and the duration.

Item Instructions:

Related Items: PE 01, PE 03

##### Master Schedule or Faculty Roster/Teacher Assignments

Abbreviation: MstrScdlFcltyTchrAsgnmnts

Description: Master schedule of all courses offered including electives and any course that is being substituted for PE credit at school sites for the current school year.

Item Instructions:

Related Items: PE 01, PE 02, PE 03, PE 06, PE 07, PE 09

## IV. Standards, Assessment, and Accountability

### PE 04: Testing—FITNESSGRAM

1. Each pupil participates in the California Physical Fitness Performance Testing program by administering the California Physical Fitness Test (FITNESSGRAM) in grades five, seven, and nine during the months of February, March, April, or May of each school year.  
   (*EC* sections 33352[b][4], 33352[b][5], 60800)

#### Evidence Requests

##### School Accountability Report Card (SARC)

Abbreviation: SARC

Description: The most recent SARC or current Uniform Resource Locator(s) (URLs) to the local educational agency’s (LEA's) Web page(s) where each school's SARC may be viewed.

Item Instructions: PE 04: Provide the most recent SARC that provides evidence of the FITNESSGRAM results and participation rate for pupils in grades five, and/or seven, and/or nine for each school listed on the review schedule. Provide SARC document, not a web link.

Related Items: PE 04, PE 05, SEI 11, HE 11, CE 17

### PE 05: Results—FITNESSGRAM

1. LEAs are required to participate in the California Physical Fitness Performance Testing program by administering and including the results of the FITNESSGRAM in the SARC. (*EC* sections 33126, 33352[b][5], 35256, 60800)

#### Evidence Requests

##### School Accountability Report Card (SARC)

Abbreviation: SARC

Description: The most recent SARC.

Item Instructions: PE 05: Provide the most recent SARC that provides evidence of the FITNESSGRAM results for pupils in grades five, and/or seven, and/or nine for each school listed on the review schedule. Provide SARC document, not a web link.

Related Items: PE 04, PE 05, SEI 11, HE 11, CE 17

## VII. Teaching and Learning

### PE 06: Pupil Exemptions

1. LEAs that maintain a high school and elect to exempt pupils from required attendance in PE have three distinct options: (1) Temporary Exemption  
   (2) Two Year Exemption (3) Permanent Exemptions. The Two Year and the Permanent Exemptions from PE require the LEA to offer a variety of elective PE courses of not less than 400 minutes every 10 school days, taught by an appropriately credentialed teacher.  
   (*EC* sections 33352[b][6], 51222[b], 51241[a][1][2], 51241[b][1], 51241[c][1][2][3])

#### Evidence Requests

##### Course Outlines

Abbreviation: CrsOtlns

Description: Link documents from the current and prior year.

Item Instructions: PE 06: Course outlines for all elective PE courses offered that provide evidence that a variety of elective PE classes are offered to pupils for each high school listed on the review schedule.

Related Items: AE 07, PE 06, PE 07, CTE 03

##### Course Syllabi

Abbreviation: CrsSlb

Description: Course syllabi for the current year.

Item Instructions: PE 06: Course syllabi for all elective PE courses on the master schedule that provide evidence that a variety of elective PE classes are offered for each high school listed on the review schedule.

Related Items: PE 06, PE 07

##### Student Exemption Report

Abbreviation: StdntExmptnRprt

Description: A list of all students on a PE exemption for the current school year, including student identification number, the date the exemption was granted, the type of PE exemption, the reason for the exemption and the date the exemption expires if applicable. Please redact student names prior to uploading report.

Item Instructions:

Related Items: PE 06

### PE 07: Teaching and Evaluation—High School

1. LEAs that maintain a high school shall provide a course of study in PE to pupils in any of grades nine to twelve, inclusive, where instruction and evaluation of pupil progress is delivered in a developmentally appropriate sequence that includes: the effects of physical activity upon dynamic health, the mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythms and dance, team sports, and combatives.(*EC* sections 33352[b][7], 51014, 51220[d]; Title 5 *California Code of Regulations* [5 *CCR*] sections 10060[a], 10060[g])

#### Evidence Requests

##### Course Outlines

Abbreviation: CrsOtlns

Description: Link documents from the current and prior year.

Item Instructions: PE 07: Course outlines for PE Course 1, 2, etc., that provide evidence of evaluation strategies and a developmentally appropriate sequence of instruction in the eight required content areas for each high school listed on the review schedule.

Related Items: AE 07, PE 06, PE 07, CTE 03’

##### Course Syllabi

Abbreviation: CrsSlb

Description: Course syllabi for the current year.

Item Instructions: PE 07: Course syllabi that provides evidence of evaluation strategies and developmentally appropriate sequence of instruction in the eight required content areas for each high school listed on the review schedule.

Related Items: PE 06, PE 07

##### Master Schedule or Faculty Roster/Teacher Assignments

Abbreviation: MstrScdlFcltyTchrAsgnmnts

Description: Master schedule of all courses offered including electives and any course that is being substituted for PE credit at school sites for the current school year.

Item Instructions:

Related Items: PE 01, PE 02, PE 03, PE 06, PE 07, PE 09

## VI. Opportunity and Equal Educational Access

### PE 08: Coeducational, Inclusive Manner

1. All PE classes shall be conducted in the coeducational, inclusive manner prescribed by law. LEAs must provide instruction in PE that provides equal access and equal opportunities for participation for all pupils in grades one through twelve, inclusive, regardless of gender or gender expression, sexual orientation, and mental or physical disability.  
   (*EC* sections 220, 221.5[f], 33352[b][8]; 5 *CCR* sections 4900, 4930, 4931, 4940, 4960; Title IX 106.33, 106.34; Code of Federal Regulations Section 300.108)

#### Evidence Requests

##### Class Rosters

Abbreviation: ClssRstrs

Description: Current PE class student rosters for all teachers who are providing PE instruction or awarding PE credit for each school listed on the review schedule. The class rosters must have teacher and class name.

Item Instructions: PE 08: Redact pupil names, include gender or gender expression, and whether or not the student has an Individualized Education Plan (IEP).

Related Items: PE 08

##### Local Governing Board Policy (s)

Abbreviation: LclGvrngBrdPlcy

Description: Link documents from the current year.

Item Instructions: PE 08: Link the local governing board policy(s) that provides evidence that all PE classes are conducted in the coeducational, inclusive manner prescribed by law.

Related Items: PE 06, PE 08

### PE 09: Teaching Credentials

1. LEAs must provide instruction in physical education to pupils in grades one through twelve, inclusive, by PE teachers who hold appropriate teaching credentials issued by the California Commission on Teacher Credentialing. Instructional aides, paraprofessionals, and volunteers may only assist the teacher. (*EC* sections 33352[b][9], 44258.7, 45343–45367)

#### Evidence Requests

##### Master Schedule or Faculty Roster/Teacher Assignments

Abbreviation: MstrScdlFcltyTchrAsgnmnts

Description: Master schedule of all courses offered including electives and any course that is being substituted for PE credit at school sites for the current school year.

Item Instructions:

Related Items: PE 01, PE 02, PE 03, PE 06, PE 07, PE 09

##### Staff Credentials

Abbreviation: StfCrdntls

Description: Provide a sortable spreadsheet of all certificated staff displaying credentials and full staff name including full middle name.

Item Instructions: PE 09: Include all teachers providing PE instruction to pupils for each school listed on the review schedule. Include each teacher’s name, credential(s), current assignment(s), and years of experience.

Related Items: AE 04, PE 09, SEI 09, ME 11, CE 08, CE 19