

Chicago Public Schools Policy Manual

Title: PHYSICAL EDUCATION

Section: 605.9

Board Report: 14-0122-PO1

Date Adopted: January 22, 2014

Policy:

THE CHIEF EXECUTIVE OFFICER RECOMMENDS:

That the Board rescind Board Report 07-0627-PO2 and adopt a new Physical Education Policy.

PURPOSE: The Illinois School Code, 105 ILCS 5/27-6, requires that students receive daily physical education in both elementary school and high school with limited exceptions enumerated for individual student waivers, modifications or excused absences. Chicago Public Schools (CPS) holds a waiver issued by the state to excuse students in grades 11 and 12 from the daily physical education requirement without the need for an individual student request to be excused and this waiver expires at the end of the 2013-2014 school year. The District has elected to not seek renewal of this state waiver and therefore this policy establishes requirements for 11th and 12th grade students to individually request a waiver from daily physical education as permitted by the Illinois School Code. This policy also establishes planning requirements for high schools to transition course scheduling in anticipation of the state waiver ending and also for elementary schools to adjust programming as needed to align with the daily physical education requirement.

The Board values a well-rounded curriculum that includes physical education for both elementary and high school students. This policy establishes the standards through which physical education is provided to students to ensure the development of physically literate individuals who have the knowledge, skills, and confidence for academic success and lifelong health. This policy reflects the core concepts enumerated in *Minds in Motion*, the District's initiative to develop and galvanize support for a strategic plan to strengthen physical education for all CPS students.

POLICY TEXT:

A. Physical Education Instruction: All schools shall provide every elementary and high school student with high-quality physical education instruction that is:

1. Provided daily to elementary and high school students
2. Led by a teacher who meets the qualification requirements established by the state
3. Developed from standards-based curriculum
4. Informed by regular and varied assessment
5. Assessed using comprehensive and transparent grading criteria
6. Inclusive of all diverse learners, abilities, fitness levels, ethnicities and genders; and
7. Evaluated using tools adapted to the physical education environment, including the Physical Education Addendum to the Framework for Teaching

Instruction shall maximize moderate to vigorous physical activity time for all students to achieve and maintain a health-enhancing level of physical fitness. In alignment with the Board's Local School Wellness Policy for Students, instruction shall engage all students in moderate to vigorous physical activity during two thirds of physical education class time.

B. Physical Education Scheduling:

1. Grades K – 8: Elementary schools shall provide students in kindergarten through grade 8 with a minimum 30 minutes of daily physical education or the equivalent of 150 minutes per week. It is recommended that elementary schools provide students in grade 6 through grade 8 with daily physical education for an average of 225 minutes per week. Schools may provide health education, including sexual health education as outlined in the Board's Sexual Health Education Policy, as a part of the physical education program in grades 5-8. In such cases, a maximum of 60 minutes per week of health education may be included as part of physical education programming in grades 5-8. Recess minutes may not be used to satisfy any portion of the physical education instructional minutes required hereunder.

2. Grades 9-12: Effective at the start of the 2014-2015 school year, all high school students shall be scheduled in a physical education course each semester in every grade level (9-12) except when an exception has been authorized in accordance with Section E below. The CPS Physical Education Manual shall specify which CPS courses qualify as a physical education course for purposes of compliance with this policy. If a high school operates on a block schedule, students in grades 9-12 shall engage in physical education in the same time increments as other core curricular courses throughout the week, quarter, semester, year, or time in high school. A block schedule is defined as a system of scheduling that entails longer class periods that meet fewer times per week, quarter, semester, or year.

C. Limited Duration Excused Student Absences in Elementary School and High School: A student with an injury or medical condition who presents an appropriate excuse from a person licensed under the Medical Practice Act shall be excused for a limited duration from participation in a physical education class or activity for the period of time covered by the Doctor's authorization. A student may also be excused from participation from physical education class when a parent/guardian presents an appropriate excuse, including, but not limited to reasons related to religious observances or prohibitions. In all such cases, the parent/guardian shall provide written documentation, as specified in the CPS Physical Education Manual, to support the need to be excused for a limited duration. Modified physical education activities shall be provided for students whose physical or emotional condition prevents their participation in the regular activities and course of study, as determined by a person licensed under the Medical Practice Act.

D. Special Education: Any student requiring adapted physical education shall receive that service in accordance with their individualized education program (IEP). A school may, in accordance with the procedures outlined in the CPS Physical Education Manual, excuse a student with an IEP from a physical education course if the student is participating in an adaptive athletic program outside the school setting.

Students in grades 3-12 who are eligible for special education may be excused from participation in physical education class if the student's parent/guardian agrees that the student must utilize the time set aside for physical education to receive special education support and services, which agreement or determination must be documented made part of the student's IEP.

E. Authorized Exceptions to Physical Education Course Enrollment in High School: The Board recognizes the exceptions to the daily physical education requirement authorized by the Illinois School Code which are currently the following:

1. Enrollment in Junior Reserve Officer's Training Corps (JROTC) Program in Grades 9-12;
2. Enrollment in academic classes in Grades 11 and 12 required for on-track high school graduation, provided that the failure to take such course would result in the student being unable to graduate;

NOTE: This exception may include the following circumstances: (i) a student fails a course and must retake the required course in Grades 11 or 12 in order to graduate, (ii) a student is enrolled in a specialized diploma/certification program or dual degree program that requires specialty courses in grades 11 and 12 in order to graduate (e.g. International Baccalaureate Diploma, Early College Program that leads to an Associate's Degree.) Exceptions under this Section E.2. are permitted only in accordance with the Physical Education Manual and only when scheduling of the course(s) required to graduate do not allow room in the student's schedule for physical education courses or elective courses.

3. Enrollment in academic classes in Grades 11 and 12 required for college admission, provided that the failure to take such classes would result in the student being denied admission to the college of their choice;

NOTE: This exception may apply when a student is required to complete a particular course or courses to be considered for entry in a particular college or college program (e.g. student must take calculus as a prerequisite for entry in a university's engineering program). Exceptions under this Section E.3. are permitted only in accordance with the Physical Education Manual and only when the course requirements for college admissions do not allow room in the student's schedule for physical education courses.

4. Ongoing participation in an interscholastic athletic program in Grades 11 and 12, if student participated in the interscholastic athletic program(s) during the prior school year; or

5. Enrollment in a marching band course for credit during the regular school day in Grades 11 and 12.

High school students may request an exemption under this Section E. in accordance with the procedures outlined in the CPS Physical Education Manual. Approved exemptions: (1) apply only to the current school year, and (2) require the student to enroll in another academic course in place of physical education.

F. Physical Education Support and Infrastructure: Schools shall designate safe, clean and maintained spaces, both indoor and, if available, outdoor for physical education classes. Administrators shall strive to ensure that other school activities do not displace physical education classes from their designated spaces.

Schools shall strive to provide equipment that supports all students and all aspects of the physical education curriculum. Schools shall also work to ensure that physical education teachers and classes have access to tools and technology for instruction, evaluation, and communication. Administrators and evaluators shall utilize evaluation tools that are adapted to the physical education environment in accordance with the CPS Physical Education Manual.

It is recommended that all physical education teachers participate in annual professional development on effective practices for physical education for a minimum of seven contact hours. School administrators shall encourage physical education teachers to attend relevant professional development opportunities designed for physical educators on school-wide professional development days.

G. Physical Education Oversight and Accountability:

1. **Schools:** By July 1, 2014, all elementary and high schools shall prepare and submit a three-year physical education action plan that identifies specific annual activities, enhancements and measurable outcomes, as indicated in the CPS Physical Education Manual, to implement the requirements of this policy and address any programming variances or gaps that require adjustment.

2. **Office of Student Health and Wellness:** The Office of Student Health and Wellness shall oversee school implementation and compliance with this policy and, in doing so, shall:

- a. Provide technical assistance and support to assist schools with implementation of the policy and improve programming functions;
- b. Ensure schools are offered support services through various Central Office departments and Network offices;
- c. Establish a process for identifying and distributing resources made available by qualified agencies and community organizations for the purpose of collaborating with schools to enhance implementation of this policy;
- d. Establish a process to gather regular reporting and feedback from individual schools, community partners, students and parents on the implementation of the policy;
- e. Conduct periodic evaluations and report on district-wide and individual schools' compliance with the Policy to the Board twice per calendar year;
- f. Expend grant funds awarded by the United States Department of Education to Chicago Public Schools under the Carol M. White Physical Education Program Grant, a three-year grant to support the implementation of high-quality daily physical education for elementary and high school students across the district; and
- g. Monitor individual student waiver requests granted by high schools.

3. **Physical Education Manual:** The Chief Health Officer or designee is authorized to develop, issue and update the CPS Physical Education Manual and any related guidelines, standards and toolkits to ensure the effective implementation of this policy.

Amends/Rescinds:

Rescinds 07-0627-PO2

Cross References:

86-0806-ED3

Legal References:

105 ILCS 5/27 6; 105 ILCS 5/27 7; 23 Illinois Administrative Code 1.420. Individuals with Disabilities Education Act, 20 U.S.C. 31400 et. seq.; Section 504 of the Rehabilitation Act of 1973, 29 U.S.C. §706 et. seq. and 34 C.F.R. 100 et. seq.