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The State's Role in Physical Education

PRESENTED TO: Senate Committee on Education
Hon. Josh Newman, Chair



LEGISLATIVE ANALYST'S OFFICE

State Physical Education Requirements

Physical Education Instruction Is Required in State Law

- One of several areas of study that public schools must provide or offer to students in grades 1 to 12.

State Sets Minute Requirements for Physical Education

- In grades 1 through 6: at least 200 minutes every 10 school days.
- In grades 7 through 12: at least 400 minutes every 10 school days.

Physical Education Is a High School Graduation Requirement

- Students must complete two year-long courses in physical education to receive a high school diploma.

Public Schools Must Administer a Physical Fitness Test Annually

- Test must be administered to students in grades 5, 7, and 9.
- Test includes measures of aerobic capacity, strength, endurance, and flexibility.

State Annually Monitors Compliance With Physical Education Requirements

- The California Department of Education (CDE) annually conducts compliance reviews of a subset of school districts.
- CDE review determines whether districts offered required physical education instruction, met the minimum minute requirements, and administered the physical fitness test.



Funding for Physical Education

Physical Education Primarily Funded Through State’s Main Funding Formula

- Like other subjects, costs are primarily covered through the Local Control Funding Formula.
- Funding is used to cover staff salaries and benefits, training, instructional materials, and equipment.

Expanded Learning Funds Can Complement Physical Education Instruction

- Two state programs—the Expanded Learning Opportunities Program and After School Education and Safety program—provide funding for academic and enrichment activities outside of normal school hours.
- Funding from these programs can be used to promote physical activity outside of required physical education instruction.



Physical Education Content Standards and Curriculum Frameworks

Academic Content Standards

- The State Board of Education (SBE) adopts content standards for every area of study. These standards include specific things students are expected to know and do at each grade level.
- The physical education model content standards were adopted in 2005.

Curriculum Frameworks

- SBE also adopts curriculum frameworks in each area of study. The frameworks provide specific guidance on how to teach each content standard in a given subject.
- The state updated its physical education framework in 2009.

