



PHYSICAL EDUCATION AND FITNESS

The Board of Education believes that all children, kindergarten through high school, benefit physically, socially and mentally from a high-quality, comprehensive, and developmentally appropriate physical education program.

The primary goal for the physical education program is for every student to develop the knowledge and skills for specific physical activities, to develop and maintain a fit and healthy body, to participate in regular physical activity, and to understand the short and long-term benefits of a physically active and healthy lifestyle. Equally important, the physical education program shall be designed to prepare students to make choices about lifelong fitness *and overall wellness* through physical activity and nutrition.

No student shall be excluded from any physical education program. Provisions shall be made for students who require a special or adaptive physical education program or who, because of cultural practices or observances, may not be able to participate in vigorous exercise.

Legal Reference: Education Code
33350 Educational programs
51210, 51210.1 and 51210.2 Physical education

Policy Adopted: June 6, 2006

Policy Revised: