

Physical Education Waiver Narrative Checklist

Directions: Please enter information in the required fields. By electronically initialing under the local educational agency (LEA) column to the right of each statement of evidence, you are confirming that the statement is true and such evidence is provided.

The California Department of Education (CDE) will review the submitted Waiver Narrative Checklist to ensure that the LEA has provided all required evidence to support the waiver submission to the State Board of Education.

Name of School:

Address:

Date:

High School Block Schedule Waiver Criteria

Criteria 1:

The district provides evidence that the physical education (PE) instructional program at each school requesting the waiver complies with federal and state statutes and regulations related to PE pertaining to the minutes requirement, provides instruction based on physical education content standards, and is aligned with the *Physical Education Framework* (sequential, articulated, age-appropriate instruction).

Evidence	LEA	CDE
<p>The PE course offerings align with the <i>PE Model Content Standards</i> and <i>PE Framework</i>.</p> <p>PE Framework and Standards are located at https://www.cde.ca.gov/ci/pe/cf/documents/peframework2009.pdf.</p>		
<p>PE courses one and two include units and activities that provide content aligned with <i>California Code of Regulations</i> Title 5 (5 CCR) Section 10060 and the designated area:</p> <ol style="list-style-type: none"> 1. The effects of physical activity on dynamic health, 2. Mechanics of body movement, 3. Aquatics, 4. Gymnastics and tumbling, 5. Individual and dual sports, 6. Rhythms and dance, 7. Team sports, and 8. Combative 		

Evidence	LEA	CDE
PE courses (three or other) provide specialized instruction.		
The content standards, grade level, and assessment methods have been identified.		
The course description has been included.		
A week-by-week calendar of what activity will be taught through the entire semester has been included.		
A Master Schedule has been included.		
A list of staff who teach PE has been included.		
All PE teachers possess a valid California Teaching Credential to teach PE.		
All PE teachers are Specially Designed Academic Instruction Delivered in English trained and/or hold Cross Language and Academic Development Credentials.		
<p>All PE Teachers are in possession of their First Aid and Cardiopulmonary Resuscitation Certification, and are qualified to teach swimming after having taken the Red Cross Water Safety Certification classes.</p> <p>Note: This is required for a campus that has a pool. A campus without a pool must also include some type of aquatic instruction. However, the teachers do not necessarily need to have the above certifications.</p>		

Criteria 2:

The district provides evidence that it has developed a PE professional development plan for teachers who deliver instruction in PE at that school(s).

Evidence	LEA	CDE
Goals for the school are included.		
Objectives and activities for each goal are included.		
All PE teachers are trained and certificated. Include a list of all trainings and certificates held by all PE teachers.		
A list of all conferences, curriculum alignment sessions, and outside professional development opportunities for teachers is included.		
A calendar of events is included.		

Criteria 3:

The district provides evidence that students are enrolled in courses of PE a minimum of 18 weeks in 80-90 minute daily class periods during the regular school year.

Explain the type of block the school provides: how many weeks, how many minutes per period, how many minutes per week, and how many minutes per semester.

--

Evidence	LEA	CDE
The school has explained the type of block the school provides.		
The number of weeks is included.		
The number of minutes per period is included.		
The number of minutes per week is included.		
The number of minutes per semester is included.		
The bell schedule and district-wide instructional calendar are included.		

Criteria 4:

The district describes a method by which it will monitor students' maintenance of a personal physical activity program during the weeks the student is not participating in a PE course at that school. The monitoring program shall include:

- Student accountability for their participation in physical activity, and guidance for students in using the principles of exercise to design and complete their physical activity program

Explain how students are held accountable for their participation in physical activity and how are students monitored to ensure they are using the principles of exercise to design and complete their physical activity program.

- Specific information regarding the design and delivery of the monitoring program

Explain how the students are monitored and assessed, including the process if a student submits non-accurate information, what guidance is given to that student.

- A trained PE professional to conduct the monitoring

Explain what this process is and identify the position the teacher holds.

Note: The above explanations are key to the block schedule process. Include in your documentation copies of all paperwork the pupil will be required to complete and submit. Also include all parent notices explaining the PE process while a student is enrolled and not enrolled in PE, and all instructional materials used to create pupil understanding.

Evidence	LEA	CDE
Students' accountability for their participation in physical activity, and guidance for students in using the principles of exercise to design and complete their physical activity program is included.		
Specific information regarding the design and delivery of the monitoring program is included.		
Information showing that the monitoring will be conducted by a trained PE professional is included.		

Criteria 5:

The school provides information that demonstrates the PE Program complies with 5 CCR, Article 3.1, Section 10060 (high school only).

Evidence	LEA	CDE
Information on how courses have been aligned to standards is included.		
Information on staff development opportunities for standard level trainings is included.		
Course descriptions that indicate how standards are addressed within that course are included.		
A bell schedule and calendar of instruction are included.		

Criteria 6:

The district provides information that demonstrates that all eligible students are prepared for and participate in the physical performance testing as specified in *California Education Code* Section 60800.

Evidence	LEA	CDE
Information addressing how students who have a PE class during the months of February, March, April, and May are tested is included.		
Information addressing how students who do not have PE class during the months of February, March, April, and May are tested is included with a schedule.		
A detailed description of the tests to be administered is included.		

Criteria 7:

The district provides evidence that alternate day scheduling for PE rather than alternate term scheduling has been thoroughly investigated. Include reasons why alternate day block scheduling (A/B block schedule which meets the statute for PE minutes) will not work.

Evidence	LEA	CDE
Reasons why a 4 x 4 block plan is being implemented are included.		
Reasons why an A/B block plan will not work are included. This requires a list of meetings that occurred to determine that the A/B plan will not work and a copy of the minutes from these meetings. Note: Include all documentation given to students and parents explaining the PE process, including but not limited to, the course catalog, activity log, fitness plans, fitness testing record sheets, etc.		

California Department of Education
June 2020