



January 20, 2010

Re: High School Physical Education Requirement Change

Dear Parent/Guardian and Student,

As a requirement for high school graduation, students are required to pass two courses in physical education (Education Code 51225.3). All ninth graders take a core PE class. Until the enactment of Senate Bill 78 (2007), tenth graders had the option of deferring their second year of PE to the 11<sup>th</sup> or 12<sup>th</sup> grade. Under SB 78, only students who pass the physical fitness test in grade 9 are allowed to defer their second year of PE to the 11<sup>th</sup> or 12<sup>th</sup> grade. Students who do not pass the test are required to enroll in PE in the 10<sup>th</sup> grade.

Each school district is required to administer a physical fitness test, as designated by the State Board of Education, to all students in grades five, seven, and nine. The physical fitness test, FITNESSGRAM®, includes tests in key areas of fitness: aerobic capacity, body composition, abdominal strength and endurance, trunk extensor strength and flexibility, and upper body strength, endurance, and flexibility. The FITNESSGRAM® has two or three testing options to ensure that all students, including those with special needs, have the maximum opportunity to pass this test. For those fitness areas that have options, only one option is administered to a student.

Folsom Cordova Unified School District follows State guidelines: student must pass five out of six physical fitness performance tests in order to receive a “pass”. Evaluating and reporting performance in each of the fitness areas of the FITNESSGRAM® is on two levels: (1) the Healthy Fitness Zone (HFZ) and (2) needs improvement (i.e., not in the HFZ).

If you should have further questions regarding this second year PE requirement, please contact your student’s counselor, PE teacher, or my office.

Sincerely,

Janie DeArcos  
Assistant Superintendent, Secondary Instruction