

## **PHYSICAL EDUCATION**

The Cambridge School Committee will attempt to provide every student with an opportunity for wholesome and enriched educational experiences. It is the School Committee's belief that the following basic aims and objectives of the physical education program will contribute to this goal:

1. To aid the development of the entire student so that a well trained mind may function properly in a healthy body.
2. To encourage student participation in vigorous physical activity while in school, and to teach the skills of those activities so that they will have a carry-over value for later activities in everyday life.
3. To increase appreciation of physical fitness and its importance in regard to good health.
4. To impress upon students the importance of integrating one's mind, body and attitude in preparing to face the obligations of a complex society.

With respect to physical education, the following guidelines shall apply:

1. Physical education includes health education, hygiene, physiology, first aid, classroom instruction in performance techniques and physical fitness activities.
2. For kindergarten a standard of sixty (60) minutes weekly of physical education, a major portion of which should be devoted to vigorous physical activity appropriate to the physical development of children in kindergarten.
3. For grades 1-8 a standard of ninety (90) minutes weekly of physical education, a major portion of which should be devoted to vigorous physical activity appropriate to the physical development of children in the elementary schools, shall be required with the distribution of time to be determined by local school officials.
4. For grades 9-12, a standard of four hundred (400) minutes per semester for physical education, a major portion of which should be scheduled for vigorous physical activity, shall be required with the distribution of time to be determined by the local school officials.
5. Children who can benefit from corrective exercises shall have adaptive or corrective programs scheduled in compliance with Chapter 71, Section 3.

6. The Bureau of School Building Assistance shall evaluate new construction with regard to adequate resources (e.g., gymnasias, swimming pools, classrooms, laboratories and related facilities) for a comprehensive physical education and health program.
7. The Board of Elementary and Secondary Education, in cooperation with an appropriate committee of advisors shall publish and shall make available to the school systems of the Commonwealth minimum standards of physical education for each of the grades, one through twelve, and the Department recommends a yearly testing of every school child in the Commonwealth. The results of these tests should be reported to the Board of Elementary and Secondary Education for the determination of future policy in the area of physical education.

### Excuses from Classes

Any student who is unable to take part in a physical education class must bring a note, signed by their parent/guardian/caregiver, stating the reason for the student's inability to participate.

A written excuse from a physician will be required if the student will be unable to participate in these classes for an extended period of time.

### Locker Assignments

Lockers will be assigned to students by the school department to protect clothing and valuables. These lockers remain the property of the school department and the school department reserves the right to conduct announced and unannounced inspections of lockers.

### Proper Attire

All students will be required to wear the proper attire for class in order to participate. Students who are unable to obtain the proper clothing to fulfill their obligations in physical education and athletic activities shall be provided such clothing by the school department.

### Waiver

The Superintendent shall develop administrative procedures for granting students who have participated in a full program of a CRLS approved team sport to obtain a waiver of a physical education course, but waivers will not be granted for or apply to Health course requirements. Such procedures shall include the student maintaining a full academic schedule, having an eighty (80%) percent attendance rate and be consistent with the guidelines promulgated by the Massachusetts Department of Elementary and Secondary Education.

LEGAL REFS.: M.G.L.c. 71, §§1 & 3  
Board of Education Regulations Pertaining to Physical Education  
603 C.M.R. 26:05

*Adopted: February 1, 2022*