

## **2425 PHYSICAL EDUCATION**

The Board of Education recognizes the value of physical activity in the development and maintenance of sound physical and mental health. Accordingly, the Board directs the establishment, in accordance with law, of courses of physical education and the enrollment therein of every pupil in attendance in the schools of this district, insofar as each is physically capable of participation. Each course will provide pupils with a regimen of physical exercise and activity, assist pupils in the development of physical skills and achievements, encourage pupils in a spirit of sharing and cooperation, and instill in pupils a life-long appreciation for physical activity and fitness. The successive courses of physical education will be so designed as to provide pupils with exposure to a variety of athletic and physical activities.

### **EXEMPTIONS**

The Board encourages all pupils to participate fully in the physical education program. It recognizes, however, that some pupils are engaged in interscholastic, extra-curricular or extra-mural programs of vigorous physical activity, such as preparation for participation in the Olympic Games. Such pupils may, pursuant to rules of the State Board of Education, be exempted from the requirement for enrollment in a physical education course and may earn physical education credit for an alternative program of athletics, provided that the request of any such pupil has been granted by the building principal. No such request will be granted unless the pupil has demonstrated, to the satisfaction of the Principal in consultation with an appropriately certified staff member, that the interscholastic or extra-curricular activity or alternative athletic program meets the physical education program goals and objectives established by this Board and provides activity and development equivalent to that provided by the physical education program of this district.

Pupils exempted from physical education are still required to participate in health and safety classes. Any pupils exempted from physical education class shall use the class period for study purposes.

A pupil exempted from physical education classes will be granted credit for physical education provided he or she earns a passing grade in an interscholastic team activity or an alternative program of athletics. A pupil whose physical education credit is earned in interscholastic team activity or extracurricular activity will be graded by the team coach or advisor. A pupil whose physical education credit is earned in an alternative program of physical activity will be graded by the physical education coordinator or designee, in consultation with the person who has supervised the alternative program. Grades earned will be entered in the pupil's permanent record with a notation of the alternative program for which physical education credit is given.

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**MEDICAL EXCUSES**

Pupils may be excused for medical reasons from active participation by a parent's note for up to five days; however, pupils must still attend each class and observe. Any medical problem requiring six or more days (long term) must be covered by a physician's note and pupils must report to the school nurse with the physician's note. The nurse will direct the pupil to report to their physical education teacher for attendance and for explanation of the Medical Excuse Program.

N.J.S.A. 18A:35-5

N.J.A.C. 6:28-4.1; 6:29-3.2

Approved: February 20, 2001  
Approved: November 21, 2006  
Revised: June 20, 2017

## **R 2425 PHYSICAL EDUCATION**

### EXEMPTION FROM PHYSICAL EDUCATION

Pupils enrolled in the Westfield schools are required to comply with the state laws and district rules and regulations which require participation in health and physical education. Exceptions to these regulations are:

#### A. Categories of Exemption

1. Military Service Exemption for pupils who have successfully completed basic training in the military or naval service of the United States Merchant Marine (NJSA 18A:35-7).
2. Alternate Program Exemption for pupils involved in alternative programs that meet the requirements of NJAC 6:8-4.2 so long as those activities are consistent with the district's physical education program goals and instructional objectives.
3. Co-curricular Exemption for members of an interscholastic team, cheerleading squad or marching band who have a full schedule of classes (periods 1-9 including lunch). This exemption allows for students participating in these programs to access school facilities and teacher assistance during the school day while they are participating in said activity.
4. Swim Team Exemption for members of the Westfield High School swim team who have a full schedule of classes (periods 1-9 including lunch) and a scheduled practice time of 2:00 p.m. to 4:00 p.m. This exemption allows for students participating in these programs to access school facilities and teacher assistance during the school day.

#### B. Provisions for Exemptions

Health and safety requirements must be satisfied pursuant to the provisions of NJSA 18A:35-5. These pupils will be required to attend the health and safety education classes required of all pupils.

##### 1. Military Service Exemption Provisions

Applicants must present a certificate demonstrating the completion of basic training in the military service of the United States or United States Merchant Marine.

2. Alternate Program Provisions

In consultation with an appropriately certified staff member, the high school principal shall, upon application by the pupil and parents or guardian, determine the appropriateness of the alternate program.

- a. Applicants must demonstrate that the alternate program will provide an activity and development equivalent to that provided by the physical education program.
- b. Credit in grading for the alternative program shall be given through the administrative procedure of the high school physical education program.
- c. The permanent school records shall indicate the credit granted for physical education through the alternative program.
- d. If the alternative program leaves unscheduled time during the school day, the pupils shall use the time for scholastic purposes.

3. Co-Curricular Exemption Provisions

Members of an interscholastic team, cheerleading squad or the marching band shall request a physical education exemption application form from their guidance counselor and submit a completed application to the principal. The principal, upon review of the application, shall decide whether the exemption shall be granted.

- a. Excused athletes, cheerleaders, or marching band members will be graded by their coaches/advisors and their grades will be approved by the regularly assigned physical education teachers.
- b. Exempted athletes, cheerleaders and marching band members will be considered a team member only after the interscholastic team coach, advisor or bandmaster has submitted, and the Supervisor of Athletics has approved, a roster of team athletes. This roster will be submitted by coaches/advisor/bandmaster no sooner than three weeks after the official starting date of each sports season.
- c. Pupils must submit exemption forms to the guidance department no later than the date printed on the form and include all driving documents as necessary.

- d. The date when exemptions go into effect will be announced to the student body. Until this announcement is made, athletes, cheerleaders and marching band members are required to report to their assigned physical education classes.

4. Medical Excuse Provisions

- a. Pupils may be excused for medical reasons from active participation by a parent's note for up to five days during which time they must attend each class and observe.
- b. Pupils may be excused for medical reasons from active participation by a physician's note after 5 days from the parent note or any time prior with the physician's note and must report to the school nurse with this note.
- c. Students on a physician's issued medical will participate in the Medical Excuse Program. They will report to their Physical Education teacher at the beginning of the period for attendance purposes. Their teacher will direct them to the multipurpose room in the library to work on a prescribed assignment that will be evaluated for their Physical Education grade.

C. Restrictions to Exemptions

- 1. Pupils failing to use their time of exemption for scholastic purposes will be reassigned immediately to their regularly scheduled physical education class.
- 2. Pupils who leave their team any time during their season must return to their regularly scheduled Physical Education class the next day.
- 3. Pupils are required to return to Physical Education class on the first day after their last team or individual competition.
- 4. Students who are on a Physical Education exemption and become injured must begin the Medical Excuse Program until they are cleared to return to participation within their interscholastic sport or exempted activity.
- 5. Any student who is excused from participation in Physical Education with a doctor's note, parent note or does not participate in Physical Education class during the school day (illness, unprepared etc.), will not be allowed to participate in interscholastic sports, school clubs, Marching Band/Color Guard or use the fitness center for that day.
- 6. Ninth grade pupils must participate in Project Adventure during the first semester. Exemptions will not apply.

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7. Tenth grade pupils must participate in the Driver Education course during the second semester unless they are a member of the Westfield High School Swim Team and their schedule does not allow. Exemptions will not apply.

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