

Downey Unified School District

INSTRUCTION

CURRICULUM -INSTRUCTION IN PHYSICAL EDUCATION

AR 3122.4

Instruction in Physical Education shall be offered on a regular basis for no fewer than the number of minutes each 10 school days as prescribed by the Education Code.

The Physical Education course of study shall provide wide experience and instruction in as many physical activities as possible and shall include Physical Performance Testing.

The program shall be developed from the following groups of activities and adapted to the needs, abilities, strengths, and interests of the pupils at succeeding stages of development and maturity:

1. Individual Athletics: Basic instruction in individual sports, such as handball, track and field, badminton, tennis, paddle tennis, archery, golf, ping-pong, swimming, and other activities that can be carried over into adulthood.
2. Team Games: Games of low organization, such as circle games and relays, and organized games, which include baseball, football, speedball, soccer, and volleyball.
3. Gymnastics: Activities designed for specific results, such as marching, apparatus work, free exercises, and tumbling.
4. Rhythmical Activities: Activities developing coordination, which may be classified in certain well-defined groups, such as folk, gymnastic, square, modern, and social dancing.
5. Others: Physical Fitness
Health Instruction
First Aid Instruction
Coeducational Activities
Intramural Sports