

PHYSICAL EDUCATION FACTS

NOTE: HIGHLIGHTED ITEMS ARE NOT CURRENTLY RELEVANT DUE TO COVID-19

- All Physical Education classes earn 5 credits per semester; 10 credits per year.
- Athletics taken over the summer earn 5 Physical Education credits.
- 20 credits of Physical Education are required for graduation. Any credits earned over the max become elective credits. *For example, if your student plays Baseball all 4 years, he will earn 20 Physical Education credits and 20 elective credits.*
- All Sports are offered 7th period with Excused 6th period (except 1st semester Swim, which is zero period.) Athletes cannot take a 6th period course.
- All 9th grade students must be enrolled in a Physical Education class for the entire school year.
- All 9th grade students must take CA FitnessGram in the Spring semester.
 - If CA FitnessGram is **passed**, students can take the remaining 10 credits of Physical Education any time during 10th-12th grade.
 - If CA FitnessGram is **not passed**, students must be enrolled in Physical Education until exam is passed, regardless of amount of credits earned. *For example, if a senior hasn't passed the test, they will be required to enroll in a Physical Education class every semester. They will earn 20 PE credits & 20 elective credits.*
 - The CA FitnessGram is offered in the Spring for 9th graders and once each semester for 10th -12th graders.
 - *More questions about the CA FitnessGram? Contact Denise Anderson: danderson@mbusd.org*
- If a 9th grade student is taking 6 classes and is planning to try out for a sport, it is recommended to select PE Athletics – zero period and Excused 6th. This will force the academic courses to be placed in periods 1-5. When coach confirms the student made the team, we will drop Athletics PE – zero period, and add the sport 7th period. No other changes will need to be made. This is a huge help for students if they like their teachers/schedules!
- If a 9th grade student is taking 7 classes and is planning to try out for a sport, it is recommended to select PE or Fitness and Nutrition. Zero period will be an academic class, and when counselors change the schedule to add the 7th period Sport, zero period course availability won't be a concern.
- If a 9th grade student is planning on trying-out for a sport, they should either be enrolled in that sport (if it is offering a Fall class or 0 period PE athletics until a try-out can be held for their sport. (Google form went out to parents/students who are currently enrolled in 0 period PE athletics.
- If a 9th grade student has no intention of playing a sport, select Fitness and Nutrition.
- If a 9th grade student took Health in summer school, it is recommended to select PE or PE Athletics – zero period and Excused 6th. Which one will depend on above factors: 6 or 7 classes and intent to try out for a sport.
- *More questions about scheduling? Contact your student's counselor. More questions about Athletics? Contact VP Stephanie Hall: shall@mbusd.org*

Health curriculum is a graduation requirement. This requirement can be met by completing:

1. 5 credits of a stand-alone Health course. Online or in person. In Summer School or during the school year. Through MBX, MCHS, or any other accredited institution.
2. Completion of both semesters of Fitness and Nutrition. Please note that the student will only earn 10 Physical Education credits. The student does not earn 5 credits of Health; it simply meets the Health requirement.