

**ALBANY UNIFIED SCHOOL DISTRICT  
BOARD AGENDA BACKUP**

**Regular Meeting of October 24, 2023**

**ITEM: ALBANY HIGH SCHOOL PHYSICAL EDUCATION (PE)  
POLICY AND PRACTICES**

**PREPARED BY: ANNE SHIN, ED.D., ASSISTANT SUPERINTENDENT  
DARREN MCNALLY, PRINCIPAL ALBANY HIGH SCHOOL**

**TYPE OF ITEM: STAFF REPORT**

---

**PURPOSE:** The purpose of this item is for the Board of Trustees to receive a staff report on the Physical Education (PE) program policy and practices at Albany High School.

**BACKGROUND INFORMATION:** The Board of Trustees requested information regarding the Physical Education Program at AHS.

**DETAILS:**

Per California Education Code, all 9th grade and 10th grade students who do not have an exemption are required to be enrolled in a PE program. Students are required to complete 20 units (2 courses) in PE unless otherwise exempted to graduate from high school. AHS offers two core PE courses: PE 1 and PE 2, designed for 9th grade and 10th grade students respectively. The program is designed to promote physical activity and fitness through a broad selection of sports and activities.

California PE Standards for High School:

1. Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
2. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
3. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

Additional Information: [Physical Education Model Content Standards For California Public Schools](#)

## STRATEGIC OBJECTIVES ADDRESSED:



**Objective #1:** *Assess and Increase Academic Success.* **Goal:** *We will provide a comprehensive educational experience with expanded opportunities for engagement, assessment, and academic growth so that all students will achieve their fullest potential.*

**RECOMMENDATION:** Receive the Staff Report on the Albany High School Physical Education (PE) Policy and Practices