



Dear CHS Students and Families,

California Education Code requires **all students in grades 9-12 take four years of Physical Education (PE)**.

All Coronado High School 9th grade students are required to take PE/Health or NJROTC. Included in the 9th grade Physical Education curriculum is Physical Fitness Testing (PFT). The goal of the test is to help students in starting life-long habits of regular physical activity. Physical Fitness Testing will take place between February and May. Students will be provided with their personal assessment scores from the five required fitness assessments:

1. Aerobic Capacity
2. Abdominal Strength and Endurance
3. Trunk Extensor Strength and Flexibility
4. Upper Body Strength and Endurance
5. Flexibility

Students in grades 10 through 12 can meet their PE requirement by taking Dance, NJROTC, Weightlifting, Yoga, or participating in Athletics. Students can be granted a waiver from courses in Physical Education for two of the four-year requirement during grades 10-12 if they meet the following criteria, (Education Code Section 51241(b)(1):

- Student and parent have met with a counselor and reviewed the student's eligibility for a waiver.

If a student is granted a waiver, they may still choose to participate in Physical Education classes or in Athletics.

If you have questions about the California State PE requirement, please visit <https://www.cde.ca.gov/ta/tg/pf/> or contact your student's counselor or administrator.