

HEALTH AND FITNESS

The Superintendent will ensure that each school makes available to students instruction in basic skills and work skills through courses which meet the State's instructional requirements.

The board recognizes the value of providing students health and physical education. Health and physical education comprise extensive content areas that include, but are not limited to, the development of knowledge and skills to be physically active, eat nutritiously, access reliable health information and services, communicate effectively, and set health-enhancing goals. Students can develop their health and fitness skills through independent activities and programs. The district encourages students and their families to take advantage of any learning opportunities in health and physical education available to them.

The district also recognizes the importance of allowing students to learn at their own pace, and the educational benefits that can be gained by giving students the opportunity to demonstrate competency of skills, proficiency of standards, and mastery of concepts.

Every student attending grades one (1) through eight (8) will receive instruction in physical education as prescribed by rule of the Superintendent of Public Instruction; provided, that individual students will be excused on account of physical disability, religious belief, or participation in directed athletics (RCW 28A.230.040)

Grades 1-8 - Pursuant to RCW 28A.230.040, an average of at least one hundred (100) instructional minutes per week per year in physical education will be required in the grade school program unless waived pursuant to RCW 28A.230.040

Grades 9-12 - Pursuant to RCW 28A.230.050, a one (1) credit course or its equivalent will be offered in physical education for each grade in the high school program.

Graduation requirements are one-half (.5) credit of health and one and one-half (1.5) credits of physical education. One class must include training in cardiopulmonary resuscitation (CPR) and use of automatic external defibrillators (AED). Students may be excused from the physical education requirements under RCW 28A.230.050. Such excused students will be required to demonstrate mastery of the knowledge portion of the physical education requirements, in accordance with written district policy. Such policies will be based upon addressing health and physical education learning standards as well as alternative means of engaging in physical education activities, as directed in RCW 28A.210.365.

A student with an individualized education program (IEP) will be provided the opportunity to meet graduation requirements that align with the student's high school and beyond plan pursuant to WAC 180-51-115.

In order to recognize student health and fitness proficiency, the Superintendent or designee will develop procedures for awarding credits in health and physical activity to students based on demonstrated proficiency across a range of skills in health and fitness.

2020 - Curriculum Development and
Adoption of Instructional Materials
2024 - Online Learning
2100 - Instructional Program Offerings
2104 - Federal and/or State Funded Special
Instructional Programs
2106 - Program Compliance
2108 - Remediation Program
2110 - Transitional Bilingual Education
2125 - Sexual Health Education
2126 - AIDS Prevention Education
2130 - Charter Development
2133 - Diversity and Multicultural Education
2145 - Suicide Prevention
2150 - Co-curricular Program
2151 - Interscholastic Activities
2161 - Education of Students with Disabilities
2162 - Education of Students with Disabilities
Cross References:
Under Section 504
2165 - Home and Hospital Instruction
2170 - Career and Technical Education
2171 - School To Work
2190 - Programs for Highly Capable Students
2195 - Academic Acceleration for High
School Students
2250 - Alternative Programs Policy
2255 - Alternative Learning Programs
2410 - High School Graduation Requirements
2411 - Certificate of Educational Competency
2412 - Diplomas for Veterans
2413 - Credit Equivalency for Career and
Technical Education Courses
2415 - Department Honors
2416 - Academic Honors
2418 - Waiver of High School Graduation
Credits
2419R - Emergency Waiver of High School
Graduation Credits

Legal References:

RCW 28A.230.040 - Physical education in grades one through eight.

RCW 28A.230.050 - Physical education in high schools.

WAC 180-51-050 - High school credit — Definition

WAC 180-15-067 - State subject and credit requirements for high school graduation - Students entering the ninth grade on or after July 1, 2012, through June 30, 2015

WAC 180-51-115 - Procedures for granting high school graduation credit for students with special educational needs

WAC 392-410-135 - Physical education - Grade school and high school requirement

RCW 28A.230.090 High school graduation requirements or equivalencies — High school and beyond plans - Career and college ready graduation requirements and waivers --

Reevaluation of graduation requirements — Language requirements — Credit for courses taken before attending high school — Postsecondary credit equivalencies

RCW 28A.230.095 - Essential academic learning requirements and assessments - Verification reports

RCW 28A.655-250 - Graduation pathway options

Adoption Date: 4/23/2020

Revised Dates: 5/27/2021