
HEALTH/FITNESS EDUCATION: 2115

Health education is an integral part of the curriculum of the Federal Way Public Schools. The District is committed to providing learning experiences that foster students' lifelong health habits. Nutrition, fitness, social-emotional health, sexual health, and drug free living are essential to academic performance and the District supports emphasis in these curricular areas. The goals are to develop knowledge about one's health, and to assist students in acquiring the necessary information for personal lifelong wellness. The District supports increased emphasis on nutrition as well as physical activity at all grade levels. Nutrition, social-emotional health, safety, sexual health, drug use and abuse, and fitness topics shall be integrated within the sequential, comprehensive health and physical education curriculum.

All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education (WAC 180-50-135). All high school students are required to complete 1.5 physical education credits and 0.5 health credits. (RCW 28A.230.040).

The District will provide students with physical education, using a research-based age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

Students will be provided opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Fitness Gram or other appropriate assessment tool) and will use criterion-based reporting for each student.

The District recognizes the primary responsibility for family life and sex education, including values education, rests upon the home. The District uses the WA State Standards to guide sexual health education. Using a values based protocol, the District directs value questions around sexual health to the family.

Any parent or legal guardian who wishes to have his/her child excused from any planned instruction in sex education during a given school year, or portion thereof, may do so by filing a written request with the principal of the school in which the child is enrolled. Alternative educational endeavors shall be provided for those excused.

Any parent/guardian who wishes to have his/her child excused from planned HIV/AIDS instruction for a given school year, or portion thereof may do so after previewing the curriculum

