

## INSTRUCTION

### Health and Fitness Curriculum

The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with state standards. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies.

All students in grades one through eight shall receive instruction in physical education as prescribed by rule of the superintendent of public instruction. Individual students may be excused on account of physical disability, religious belief, or participation in directed athletics. All high schools shall emphasize the work of physical education and carry into effect all physical education requirements established by rule of the superintendent of public instruction. Individual students may be excused from participating in physical education otherwise required under this section on account of physical disability, employment, or religious belief, or because of participation in directed athletics or military science and tactics or for other good cause.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities. In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district shall provide daily recess period(s) for elementary school students, featuring time for unstructured, supervised active play. The district will provide adequate extracurricular physical activity programs, including fully inclusive intramural programs and physical activity clubs and will promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours following facilities use policies, procedures, and guidelines.

### Physical Education Program Evaluation

District physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with other district academic and health-related programs using appropriate tools or an OSPI-approved assessments. Results of these surveys and assessments will be reported to the Board, school sites, and made available to parents and community on an annual basis.

Legal References:	RCW <a href="#">28A.230.040</a>	Physical education in grades one through eight.
	RCW <a href="#">28A.230.050</a>	Physical education in high schools.
	WAC <a href="#">180-50-135</a>	Physical education - Grade school and high school requirement.
	WAC <a href="#">392-410-136</a>	Physical education requirement - Excuse.

Adopted: June 14, 2006

Amended: June 21, 2023