

Health and Physical Education Program

The district's K-12 health and physical education programs will be aligned with the Washington State Health and Physical Education K-12 Learning Standards and will include, but not be limited to, the development of knowledge and skills to be physically active, to eat nutritiously, to access reliable health information and services, to communicate effectively, and to set health-enhancing goals.

The district will ensure that the following requirements are met:

- All students in grades one through eight receive an average of one hundred instructional minutes per week of physical education per year.
- All high school students are required to complete a minimum of three semesters (1.5 credits) of physical education and one semester (.5 credit) of health education.
- Any student who is excused from participation on account of physical disability, employment, religious belief, participation in directed athletics or military science and tactics, or for other good cause will be required to demonstrate mastery of the knowledge portion of the fitness requirement, in accordance with district policy.
- The district will offer a one-credit course or its equivalent in physical education for each grade in the high school program (grades 9-12).
- All students have equal and equitable opportunities for health and physical education.
- All students, from kindergarten through grade 12, will participate in a quality, standards-based health and physical education program.
- OSPI- developed assessments or other strategies will be used in health and physical education, formerly known as classroom-based assessments.

Additionally, schools should conduct an annual review of their physical education (PE) programs. The review must consist of numerous provisions, including:

- the number of individual students completing a PE class during the school year;
- the average number of minutes per week of PE received by students in grades 1 through 8, expressed in appropriate reporting ranges;
- the number of students granted waivers (excused from participation) from PE requirements;
- an indication of whether all PE classes are taught by instructors who possess a valid health and fitness endorsement;
- the PE class sizes, expressed in appropriate reporting ranges;
- an indication of whether, as a matter of policy or procedure, the district routinely modifies and adapts its PE curriculum for students with disabilities; and
- an indication of whether the district routinely excludes students from PE classes for disciplinary reasons.

Physical Activity

Physical education class is not to be used or withheld as punishment. Schools should strive to participate in a multi-component approach that may include the following:

- Quality physical education;
- Physical activity during the school day (e.g., brain boosters/energizers);
- Physical activity before and after school;
- Recess that aims to be safe, inclusive, and high quality;
- Family and community engagement;
- Staff wellness and health promotion;
- Opportunities for active transportation to school; and
- Access to school district facilities for physical activity, fitness, sports, and recreation programs.

Cross Reference:	2150 Co-Curricular Program 2151 Interscholastic Activities 2162 Education of Student with Disabilities under Section 504 of the Rehabilitation Act of 1973 2410 High School Graduation Requirements 3210 Nondiscrimination 3422 Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest 4260 Use of School Facilities 6700 Nutrition
Legal References:	RCW 28A.210.365 Food choice physical activity, childhood fitness – minimum standards-district waiver or exemption policy RCW 28A.230.040 Physical Education – in grades one through eight RCW 28A.230.050 Physical Education in high schools RCW 28A.230.095 Essential academic learning requirements and assessments – verification Reports Laws of 2023, ch. 272 (ESSB 5257) Public Schools - Daily Recess WAC 180-51-068 State subject and credit requirements for high school graduation—Students entering the ninth grade on or after July 1, 2015, through June 30, 2017 WAC 392-157-125 Time for meals WAC 392-410-135 Physical Education – Grade school and high school requirements WAC 392-410-136 Physical Education Requirement-Excuse