

Procedure - Physical Education and Health Class Wellness

Physical Education and Health Class

The district will provide students with physical education, using an age-appropriate, sequential physical education. The physical education program will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.

Physical Education Requirements and Waiver Policy

All high school students are required to complete a minimum of three semesters (1.5 credits) of physical education. The district may excuse a student from this fitness requirement under RCW 28A.230.050 on account of physical disability, employment, religious belief, participation in directed athletics or military science or tactics, or for other good cause. Such excused students will be required to demonstrate mastery of the knowledge portion of the fitness requirement, in accordance with written district policy.

Although physical disability can be used as a rationale for excusing a student from participation in Physical Education, the district will provide Adapted Physical Education that is aligned to Washington state K-12 Physical Education Learning Standards if physical education is set out in that student's IEP and is specially designed to meet the unique needs of a student with a disability.

Professional Learning

The district will, subject to available resources, offer ongoing in-service and professional learning opportunities for staff in health education, physical education, and physical activity. Professional learning will help district staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans and efforts.

Professional learning opportunities related to health and fitness are available at:

<https://www.k12.wa.us/student-success/resources-subject-area/health-and-physical-education/training-and-staff-development>.

Quality Physical Education

Schools will implement a physical education program that includes instruction and practice in a variety of motor skills and movement patterns; knowledge of concepts, principles, strategies, and tactics related to movement and performance; knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness; responsible personal and social behavior that respects self and others; and values physical activity for health, enjoyment, challenge, self-expression, and social interaction.

Adoption Date: **10.24**

Brinnon School District #46

Classification: **Encouraged**

Revised Dates: **03.24;**