

## **Physical Education and Health Class**

The board recognizes that a healthy school environment prepares students for college, careers, and successful futures. Additionally, Physical Education and Health Instruction are mandated in Washington state. The board is committed to providing students with quality physical education and health classes.

### **Physical Education and Health Program**

The district's K-12 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, eat nutritiously, access reliable health information and services, communicate effectively, and set health-enhancing goals. Physical education class is not to be used or withheld as punishment for any reason.

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, school districts must 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;

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- 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.

As a best practice and subject to available funding, the district will strive to ensure that the following occur:

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All schools will have certificated physical education teachers providing instruction.
- All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality health and physical education consistent with state standards.
- All physical education teachers will be encouraged to participate in professional development in physical education at least once a year.

Cross References:

2161 - Special Education and Related Services for Eligible Students  
2162 - Education of Students With Disabilities Under Section 504 of the Rehabilitation Act of 1973  
2410 - High School Graduation Requirements  
3422 - Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest  
6700 Nutrition

Legal References:

RCW 28A.230.040 Physical Education - Grades 1-8  
RCW 28A.230.050 Physical Education in High Schools  
RCW 28A.230.055 Physical Education Programs – Annual Review  
RCW 28A.230.095 Essential academic learning requirements and assessments - Verification reports  
WAC 180-51-068 State subject and credit requirements for high school graduation - Students entering the ninth grade on or after July 1, 2015  
WAC 392-410-135 Physical Education - Grade school and high school requirement  
WAC 392-410-136 Physical Education Requirement-Excuse

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Management Resources: 2024 - March  
[Comprehensive School Physical Activity Program](#)

Classification: **Encouraged**  
Adoption Date: May 2, 2024