

Health and Fitness Curriculum

The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies and will be in place by the end of the 2008-2009 school year.

All students in grades one through eight are expected to complete an average of one hundred instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school students are required to complete two credits of health and fitness. The exception to this expectation is for students who receive waivers as outlined in the graduation requirements. The district encourages all high schools to offer a variety of health and fitness classes for each grade in the high school.

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 but supervised active play. The district is encouraged to provide adequate extracurricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to 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 guidelines established by the School Board.

**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 assessment. 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.

Cross References: [Board Policy 2110](#)  
[Board Policy 4330](#)

Instructional Program Offerings  
Use of School Facilities

Legal References: [RCW 28A.230.040](#)  
[RCW 28A.230.050](#)  
[WAC 180-50-135](#)  
  
[WAC 180-51-085](#)

Physical Education – Grades 1-8  
Physical Education in High School  
Physical Education: Grade school, high school requirement.  
Physical Education Requirement-Excuse

Adopted: June 14, 2006