

Health and Fitness

The Superintendent shall adopt and implement a comprehensive health and fitness curriculum. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation of student progress will utilize classroom-based assessments or other strategies. All students in grades one through eight are required 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 (1.5 credits of Physical Education and 0.5 credit of Health Education). 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.

Cross References:	Board Policy 2100 Board Policy 4260	Instructional Program Offerings Use of School Facilities
Legal References:	RCW 28A.230.040 RCW 28A.230.050 RCW 28A.230.055 RCW 28A.230.095 WAC 180.51.068 WAC 392.410.135 WAC 392.410.136	Physical Education - Grades 1-8 Physical Education in High Schools Physical Education Programs - Annual Review Essential academic learning requirements and assessments - Verification reports State subject and credit requirements for high school graduation - Students entering the ninth grade on or after July 1, 2015 Physical Education - Grade school and high school requirement Physical Education Requirement-Excuse
Management Resources:	2024 - March Comprehensive School Physical Activity Program	

Adoption Date: 10.07
Classification: Encouraged
Revised Dates: 05.24