

Health and Fitness

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 of student progress will utilize classroom-based assessments or other strategies. These will be in place by the end of the 2008-2009 school year.

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. 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
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Legal References:	RCW 28A.230.040 WAC 180-50-135 WAC 180-51-085	Physical Education - Grades 1-8 28A.230.050 Physical Education in High School Physical Education - Grade school and high school requirement Physical Education Requirement- Excuse
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Management Resources:	<i>Policy News</i> December 2004 <i>Policy News</i> February 2005	Nutrition and Physical Fitness Update Nutrition and Physical Fitness Policy
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