



## **Instruction – Series 2000**

### **Health and Fitness – 2123P**

All students, from kindergarten through grade 12, will participate in a quality, standards-based health and physical education program in compliance with OSPI, State and Federal requirements.

OSPI- developed assessments or other strategies will be used in health and physical education, formerly known as classroom-based assessments (CBAs).

The Peninsula School districts will conduct an annual review of their PE programs. The review will 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 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;
- 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.

The findings of the annual review will be reported to Assistant Superintendent K-12 for assessment and record retention purposes.

#### **Physical education for students in grades one through eight:**

- Every student will have at least one hundred (100) minutes of quality physical education every week,
- Individual pupils or students may be excused on account of physical disability, religious belief, or participation in directed athletics.
- all student health and fitness instruction shall be conducted by appropriately certified instructors,

#### **Physical education for students in high school (grades 9-12).**

- Grades 9-12. Pursuant to RCW 28A.230.050, a one credit course or its equivalent shall be offered in physical education for each grade in the high school program (grades 9-12).
- All high schools will emphasize the work of physical education, and carry into effect all physical education requirements established by rule of the superintendent of public instruction:
- any district waiver or exemption policy from physical education requirements for high school students will be based upon meeting both health and fitness curricula concepts as well as alternative means of engaging in physical



activity, but may also acknowledge students' interest in pursuing their academic interests.

The following procedure shall be followed in Physical Education waiver requests for High School and Middle School students:

- The building principal is responsible for evaluating educational experiences of individual students and will make the determination on the waiver of Physical Education requirements.
- Waiver of Physical Education requirements will be considered for 8<sup>th</sup> grade students who are registered for two year-long elective classes (such as Spanish and Band), *and contingent upon their participation in directed athletics*.
  - The procedure for processing requests for waiver shall be as follows:
    - The request shall be initiated by the eligible student or his/her parents or guardians who will be required to complete the Physical Education Waiver Form (2123f). Waivers will be considered during the registration process and are due by June 15<sup>th</sup>. Students who move into the district after June 15<sup>th</sup> are also eligible to apply for a waiver.
    - The principal shall investigate the request for waiver of Physical Education. He/she shall make a determination in writing based upon appropriate data and upon conclusions of the investigation. The eligible student or his/her parents or guardians may appeal a denial of waiver to the superintendent or his/her designee no later than the end of the first trimester of the school year. If appealed, the decision of the superintendent or designee will be final.
  - The principal shall develop appropriate record keeping procedures for storage of all pertinent data relating to each waiver request.

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Legal Requirements:  
RCW 28A.210.365 and RCW 28A.230.040,