

INSTRUCTION

Health and Fitness Curriculum

The District shall adopt, consistent with Policy 2020, and implement a comprehensive health and fitness curriculum consistent with the Essential Academic Learning Requirements. 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 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. Policy 2410 establishes the physical education requirements for high school students.

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 students' participation in regular physical education instruction or activities.

Elementary schools shall have daily recess period(s) featuring time for unstructured but supervised active play. The District is encouraged to provide adequate co-curricular 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.

Cross Reference:

(cf. 2020 Curriculum Development and Adoption of Instructional Materials)
(cf. 2100 Instructional Program Offerings)
(cf. 2410 High School Graduation Requirements)
(cf. 4260 Use of School Facilities)
(cf. 6700 Nutrition)

Legal References:

RCW 28A.230.040 Physical Education – Grades 1-8
RCW 28A.235.050 Physical Education in High School

Adoption Date: May 10, 2006