

## **Health and Fitness**

The board recognizes the value of providing students a health and physical education. Health and physical education comprise extensive content areas that include, but are not limited to, the development of knowledge and skills to be physically active, eat nutritiously, access reliable health information and services, communicate effectively, and set health-enhancing goals. Students may further develop their health and fitness skills through independent activities and programs. The district encourages students and their families to take advantage of any learning opportunities in health and physical education available to them.

The district also recognizes the importance of allowing students to learn at their own pace, and the educational benefits that can be gained by giving students the opportunity to demonstrate competency of skills, proficiency of standards, and mastery of concepts.

In order to recognize student health and fitness proficiency, the superintendent is directed to develop procedures for awarding credits in health and physical activity to students based on demonstrated proficiency across a range of skills in health and fitness.

### **Legal References**

RCW 28A.230.090 High school graduation requirements or equivalencies — Reevaluation of graduation requirements — Review and authorization of proposed changes — Credit for courses taken before attending high school — Postsecondary credit equivalencies  
WAC 180-51-050 High school credit — Definition  
RCW 28A.210.365 Food choice, physical activity, childhood fitness— Minimum standards—District waiver or exemption policy.  
RCW 28A.230.050 Physical education in high schools.

Classification: Optional

Adopted: 4/20