
HEALTH AND FITNESS

The Superintendent will adopt and implement a comprehensive health and fitness program and curriculum consistent with state requirements and Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally-appropriate instruction grades 1 through 12, with an emphasis on the development of a healthy and active lifestyle. Appropriate programs will be developed and provided for students with disabilities as necessary and required. Assessment criteria used to demonstrate student accomplishment shall be determined at the building level but will include, at a minimum, a demonstration of health-related fitness as measured by the *Fitnessgram* assessment protocol and classroom-based assessment developed by OSPI to be in place by the end of the 2008-09 school year.

GRADES 1-8

All students in grades 1 through 8 will complete an average of one hundred instructional minutes per week in health and fitness. Instruction will be developmentally appropriate and sequential, focusing on the acquisition of knowledge and skills in basic movement and motor skills, health-related physical fitness, skill development and health/safety instruction. Course content will be directed toward meeting EALRs through “Standard Three” and adopted grade level expectations.

GRADES 9 THROUGH 12

Instruction in health and fitness will be offered and available each year to all students. All high school students are required to complete the state graduation requirements of two credits in health and fitness, subject to the provisions set forth below.

All students will be enrolled in a one-year course—one (1) credit—of study in health and fitness during their 9th grade year. Course content shall be directed toward meeting EALRs through “Standard Four”, including the development of a “Personal Health and Fitness Plan” and adopted grade level expectations. Exceptions may be granted for those students with approved Individualized Education Programs (IEP).

Students may apply for, and will be granted, a waiver from the second year of the fitness requirement upon completion of the requirements set forth below. The administration must approve a student’s application for waiver of the second year fitness requirement, based on the student’s participation in “directed athletics,” if:

- 1) the student has received a passing grade in the 9th grade health and fitness requirement;
- 2) the student is an active participant in directed athletics, other than during health and fitness classes, for a period of 150 hours during the student’s sophomore and/or junior year. Directed athletics include, but are not limited to: all interscholastic and community-based sports and/or activities, such as swimming, dance, crew, or gymnastics, where the student’s athletic experience is directed by an adult who is at least twenty-one years of age;

- 3) upon completion of the school year for which a waiver is to be claimed, the student's parent or legal guardian submits a signed form attesting to the student's completion of the 150 hours, with signed verification by the supervising adult, as set forth in 2) above; and,
- 4) the student demonstrates that he/she will maintain enrollment in six subject matter classes each trimester/semester in grades 10–12, and is involved in a track of study which would otherwise be interrupted, such as, IB (International Baccalaureate), AP (Advanced Placement, CTE (Career & Technical Education), Running Start, Remediation, Arts & Music, Foreign Language, Science, and/or other academic track.

If a student transfers into the Olympia School District and has not met the first year health and fitness requirement, the student will first meet such requirement prior to applying for a waiver of the second year fitness requirement.

A student who is granted a waiver under this policy is not excused from meeting the total number of credits required to graduate from the Olympia School District. A waiver from the second year of health and fitness may be granted in those circumstances where, in the reasonable opinion of the school, it is in the best interest of the student. Under an accompanying procedure, the Superintendent will set forth the criteria under which such circumstances may occur.



<i>CROSS REFERENCE</i>	<i>Policy 2410</i>	<i>High School Graduation Requirements</i>
<i>LEGAL REFERENCES</i>	<i>RCW 28A.230.040</i>	<i>Physical Education Grades 1 - 8</i>
	<i>RCW 28A.230.050</i>	<i>Physical Education High School</i>
	<i>WAC 180-50-135</i>	<i>Physical Education Grades 1 - 8</i>
	<i>WAC 180-50-300</i>	<i>Equivalency Course of Study</i>
	<i>WAC 180-51-025</i>	<i>High School Graduation Requirements</i>
	<i>WAC 180-51-085</i>	<i>Physical Education Requirement—Excuse</i>



<i>POLICY ADOPTED</i>	<i>May 23, 2005</i>
<i>REVISED</i>	<i>February 13, 2006</i>
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