



Instruction - Series 2000

Health and Fitness – 2123

The Superintendent shall adopt 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.

All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of health and fitness. 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 fitness classes for all students.

In addition to required physical education, the district shall provide daily recess period(s) for elementary students, featuring time for unstructured but supervised active play. At the secondary level, the district shall provide co-curricular physical activity programs, including intramural and physical activity clubs.

Legal Reference

RCW 28A.230.040	Physical education – Grades 1 – 8
RCW 28A.230.050	Physical education in High School

Adopted: 05-12-2005