

PROPOSED REVISION



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INSTRUCTION

Health and Fitness **Mastery-Based Credit**

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.

~~As described in the procedures, the district will~~~~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 mastery/proficiency across a range of skills in health and fitness.

To ensure cultural responsiveness and equity in awarding mastery-based credit, the district will collect and annually review disaggregated data to see which subgroups of students are receiving mastery-based credit. If disproportionality is found, the district will take appropriate actions to ensure equitable access to these crediting opportunities.

Cross references: [Procedure 2406P](#)
[Board Policy 2410](#)

Health and Fitness
High School Graduation Requirements

Legal references: [RCW 28A.210.365](#)

[RCW 28A.230.050](#)
[RCW 28A.230.090](#)

Food choice, physical activity, childhood fitness—Minimum standards—District waiver or exemption policy.
Physical education in high schools.
High school graduation requirements or equivalencies—High school and beyond plans—Career and college ready graduation requirements and waivers—Reevaluation of graduation requirements—Language requirements—Credit for courses taken before attending high school—
Postsecondary credit equivalencies
High school credit—Definition
Procedure for granting students mastery-based credit

Adopted: May 19, 2020
PROPOSED: January 2021