

## **Health & Fitness with Middle School Redesign Frequently Asked Questions:**

### **Q: Is PE required in Middle School?**

A: Yes, PE is required in 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade. With the MS redesign, students are required to take a grade level respective PE Course for one semester each year; this will meet the requirement of students participating in Physical Education for an average of 100 minutes/week each year in middle school.

### **Q: Can I take elective PE (team sports or lifetime fitness) as my required PE course?**

A: Elective PE courses in the middle school programs may only be taken if the student takes a semester of the required grade level PE course in his/her grade.

### **Q: Does a student have to take the required course *as a prerequisite* to an elective PE class?**

A: No. Students who elect to take PE electives (Team Sports/Lifetime Fitness) can take their grade level PE course in either first or second semester, and their elective PE in the opposite term.

### **Q: We have a student who wants to take AVID in his 8<sup>th</sup> grade year, but he's in band. Can he be excused from PE?**

A: Any 8<sup>th</sup> grade student wishing to take two year-long elective courses (or a combination of year-long and semester-long courses) would need to follow Board Procedure 2123P to receive a waiver/exemption to be excused from the required PE course which would allow him to access those elective courses.

### **Q: Can a 6<sup>th</sup> or 7<sup>th</sup> grade student be excused from required PE courses?**

A: A 6<sup>th</sup> or 7<sup>th</sup> grade student can only be excused/exempted from PE for physical disability, religious belief, principal discretion or academic impact as outlined by Board Procedure 2123P.

### **Q: I noticed in that last question, participation in directed athletics is not listed as a reason for exemption/waiver for 6<sup>th</sup> and 7<sup>th</sup> grade students. Is that accurate?**

A: Yes, sixth and seventh grade students are not eligible for the waiver/exemption process for directed athletics; this is only applicable to 8<sup>th</sup> grade students per 2123P.

Q: We have a student with an IEP that requires her to take an additional class for social communications. Because this class is a separate class from her content area resource classrooms (math or ELA) it will take up her elective option in her schedule. Can she be excused from PE and take her elective instead?

A: This is what we would consider an “academic impact”, where student’s participation in a class required by their IEP prohibits their access to other general education courses.

This student's IEP team, with principal/designee, parent/guardian, teachers, case manager, and student (where appropriate) would use the IEP team process to determine the best course selection to meet the student's needs.

**Q: What if the aforementioned student with the IEP is a 6<sup>th</sup> or 7<sup>th</sup> grader?**

A: You would follow the same process for that student regardless of their grade level.

**Q: Does this work for Multilingual learners as well?**

A: Yes. ML students participating in a required course as outlined in their service plan that prohibits them from participating in an elective may be excused from PE as determined by the multidisciplinary service team. This would also apply to academic intervention classes (math support, etc.)

**Q: Can 8<sup>th</sup> grade students who want to take two year-long music courses be excused from PE?**

A: Any 8<sup>th</sup> grade student wishing to take two year-long elective courses (or a combination of year-long and semester-long courses) would need to follow Board Procedure 2123P to receive a waiver/exemption to be excused from the required PE course which would allow the student to access those elective courses.

**Q: So if a principal can excuse a student from PE at their discretion for 'good cause', can that just be for any reason a principal chooses?**

A: It is our intention with this language to provide principals with opportunities to evaluate and use this exemption on a rare

**Q: So Health I is a 6<sup>th</sup> grade course, and Health II can be in their 7<sup>th</sup> or 8<sup>th</sup> grade year?**

A: In our middle school redesign process, we planned to offer health at 6<sup>th</sup> grade (Health I) and 7<sup>th</sup> grade (Health II). Sixth grade students are required to take Health I in either first or second semester. Generally, seventh grade students should take Health II in either first or second semester. However, if a student wants to take an additional elective in 7<sup>th</sup> grade, they could choose to take Health II in 8<sup>th</sup> grade. This may provide additional flexibility in master scheduling, however then this would eliminate a students' elective choice in his/her 8<sup>th</sup> grade year. Additionally, schools wishing to offer Health II to *either* 7<sup>th</sup> or 8<sup>th</sup> grade students in this manner will have to build internal structures to ensure that students are taking the required courses.

**Q: What about students who transfer in mid-year or in the 8<sup>th</sup> grade? Do they need to take Health?**

A: If a student transfers into either 6<sup>th</sup> or 7<sup>th</sup> grade, they should try to be scheduled into a health class if possible. If it is not possible, the student would take the next grade appropriate course offered in the following year. If the student is in 7<sup>th</sup> grade and cannot take Health II, we would generally not schedule them into Health II in 8<sup>th</sup> grade. We would assume that the transferring school has provided health in a similar way.

**Q: So the law says that students need Sexual Health twice to students in grades 6-8. Does that mean if they didn't have a health class in another school, they would be required to take it as an 8<sup>th</sup> grade student?**

A: As of the 2023-2024 school year, all middle schools in Everett Public Schools offer Health classes in both 6<sup>th</sup> and 7<sup>th</sup> grades, which would meet this requirement. We should do our due diligence with transfers in these grade levels to ensure that students have health, however we recognize that may not always be feasible. If, however, a 7<sup>th</sup> grade student chooses to take an additional elective course in 7<sup>th</sup> grade, he/she must then take Health II as an 8<sup>th</sup> grade student. This is not a recommended path, however, as it may lead to more complications in scheduling.

**Q: What if a student in 7<sup>th</sup> grade transfers in second semester and they can take *either* WA State History or Health II? They are both required...**

A: The student should take WA State History. This is a priority because it is a graduation requirement in the state of Washington and we have limited offerings in high schools.

**Q: Can a student be excused from either Health I or Health II?**

A: No. Health I is a required course for 6<sup>th</sup> grade, and Health II is required for 7<sup>th</sup> grade students.

**Q: Can a student be excused from the Comprehensive Sexual Health Education Units in Health I/Health II?**

A: Yes. Parents/Guardians can elect to excuse their student from the Comprehensive Sexual Health Education Units per [RCW 28A.300.475\(7\)\(a\)](#).