

PROPOSED REVISION



2123
Page 1 of 4

INSTRUCTION

Health and Physical Education Program

The board recognizes that a healthy school environment prepares students for college, careers, and successful futures. Additionally, Physical Education and Health Instruction are mandated in Washington state. The board is committed to providing students with quality physical education and health classes.

The district's K-12 health and physical education programs will be aligned with the Washington State Health and Physical Education K-12 Learning Standards and will include, but not be limited to, the development of knowledge and skills to be physically active, to eat nutritiously, to access reliable health information and services, to communicate effectively, and to set health-enhancing goals. **Physical education class is not to be used or withheld as a corrective action for any reason.**

The district will ensure that the following requirements are met:

- **All students have equal and equitable opportunities for health and physical education.**
- **All students, from kindergarten through grade 12, will participate in a quality, standards-based health and physical education program.**
- **The district will offer a one-credit course or its equivalent in physical education for each grade in the high school program (grades 9-12).**
- **All high school students are required to complete a minimum of three (3) semesters (1.5 credits) of physical education and one (1) semester (.5 credit) of health education. However, high school students may be excused from participating in physical education if they meet the requirements to be excused provided in [RCW 28A.230.050](#).**
- **Any high school student who meets the requirements to be excused from participation in physical education provided in [RCW 28A.230.050](#) will be required to demonstrate mastery of the knowledge portion of the fitness requirement, in accordance with district [Policy 2406](#), Health and Physical Education Mastery-Based Credit.**
- **All students in grades one through eight receive an average of one hundred instructional minutes per week of physical education per year. However, students in grades one through eight may be excused from participating in physical education if they meet the requirements to be excused provided in [RCW 28A.230.040](#).**
- **OSPI developed assessments or other strategies will be used in health and physical education, formerly known as classroom-based assessments.**

PROPOSED REVISION

2123

Page 2 of 4

The district will provide students with physical education, using an age-appropriate, sequential physical education curriculum. The physical education program will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

Comprehensive Sexual Health Education

The Everett Public Schools Board of Directors has determined that all students be provided instruction in comprehensive sexual health education, consistent with state law.

Kindergarten through third grade (K-3) instruction will be social and emotional learning (SEL) that is consistent with the social and emotional standards and benchmarks adopted by the Office of Superintendent of Public Instruction (OSPI).

Comprehensive sexual health education instruction provided by the district to students in grades four (4) through twelve (12) will be medically and scientifically accurate, age appropriate, and inclusive of students regardless of their protected class status under [Chapter 49.60 RCW](#). Abstinence will not be taught to the exclusion of other instruction on contraceptives and disease prevention. The district's comprehensive sexual health education program will be consistent with the [Guidelines for Sexual Health Information and Disease Prevention](#) developed by the Department of Health and the Office of Superintendent of Public Instruction, the Health Education K-12 Learning Standards adopted by OSPI, and other provisions of [RCW 28A.300.475](#).

Instructional materials will be chosen from a list provided by OSPI or will be identified or developed by the district and reviewed using comprehensive sexual health education curriculum analysis tools provided by OSPI.

The superintendent or designee will provide parents/guardians an opportunity to review the materials to be used including or providing electronic access, will provide information on excluding their child from sexual health education instruction, and will grant all such requests.

The superintendent or designee will annually identify to OSPI any curricula used to provide comprehensive sexual health education and how the provided classroom instruction aligns with legislative requirements.

PROPOSED REVISION

2123

Page 3 of 4

Health, Family Life, and HIV-AIDS Prevention Education

Health, family life, and HIV-AIDS prevention education, including information about human anatomy, reproduction, and related topics, shall be included in the instructional program as appropriate to the grade level and course of study. The instructional approach shall be developed after consultation with teachers, administrators, parents/guardians, and other appropriate community members including, but not limited to, persons from medical, public health, and mental health organizations and agencies.

The life-threatening dangers of HIV (human immunodeficiency virus) and AIDS (acquired immune deficiency syndrome) and its prevention will be taught to students in grades five (5) through twelve (12). HIV/AIDS prevention education shall be limited to the discussion of the life-threatening dangers of the disease, its transmission, and prevention. Students will receive such education at least once each school year beginning no later than the fifth grade.

Cross references:	<u>Board Policy 2210</u>	<u>Special Education and Related Services for Eligible Students</u>
	<u>Board Policy 2211</u>	<u>Education of Students with Disabilities Under Section 504 of the Rehabilitation Act of 1973</u>
	Procedure 2123P	Health and Physical Education Program
	Board Policy 2311	Selection and Adoption of Instructional Materials
	Board Policy 2410	High School Graduation Requirements
	Board Policy 3405	Student Wellness
	Board Policy 3414	Infectious Diseases
	Board Policy 4333	Non School Use of Buildings, Grounds and Equipment
Legal references:	RCW 28A.210.365	Food choice, physical activity, childhood fitness—Minimum standards—District waiver or exemption policy
	RCW 28A.230.040	Physical education in grades one through eight
	RCW 28A.230.050	Physical education in high schools
	RCW 28A.230.055	Physical education programs—Annual review

PROPOSED REVISION

2123

Page 4 of 4

RCW 28A.230.070	AIDS education in public schools—Limitations—Program adoption—Model curricula—Student's exclusion from participation
RCW 28A.230.095	Essential academic learning requirements and assessments—Verification reports
RCW 28A.300.475	Comprehensive sexual health education
RCW 28A.600.480 (2)	Reporting of harassment, intimidation, or bullying—Retaliation prohibited—Immunity
RCW 70.24.290	Public school employees—Rules for blood-borne pathogens education and training
WAC 180-51-068	State subject and credit requirements for high school graduation—Students entering the ninth grade on or after July 1, 2015, through June 30, 2017
WAC 392-410-135	Physical education—Grade school and high school requirement
WAC 392-410-136	Physical education requirement—Excuse
WAC 392-410-140	Sexual health education—Definition—Optional course or subject matter—Excusal of students

Approved: August 22, 2006
Updated: February 2007
Updated: November 2011
Revised: June 10, 2014
Revised: July 5, 2017
Revised: November 21, 2017
Updated: February 2018
Updated: January 2020
Revised: June 8, 2021
PROPOSED: April 2024