



INSTRUCTION

Health and Physical Education Program

I. Physical Education

All students in Everett Public Schools shall receive instruction in physical education as prescribed by rule of the superintendent of public instruction, provided that individual students may be excused from the physical education requirement per [WAC 180-51-210](#) (4)(f).

A. Physical Education Exceptions in Grades One Through Eight ([RCW 28A.230.040](#))

Students in grades 1-8 may be excused from participating in physical education for the following reasons:

1. Physical disability, with a note from the student's physician indicating the reason and length of time for the request;
2. Religious belief, with a note indicating the religious doctrine that prevents the student's participation in physical education; or
3. Participation in directed athletics, including community-based, organized athletics. These students must: (i) document seventy-five (75) hours of participation in community-based, organized athletics to qualify for one (1) semester of middle school physical education; or (ii) participate on two (2) school-based athletic teams to qualify for 75 hours of participation.

B. Physical Education Exceptions in High School ([RCW 28A.230.050](#))

Students may be excused from participating in the fitness portion of the physical education requirement (though they shall be required to demonstrate mastery of the knowledge portion of the physical education requirement on the district approved competency-based assessment) for the following reasons:

1. Physical disability, with a note from the student's physician indicating the reason and length of time for the request;
2. Employment, with a note from the student's employer indicating the nature of the employment that prevents the student from participating in the fitness portion of the physical education requirement;
3. Religious belief, with a note indicating the religious doctrine that prevents the student's participation in physical education;
4. Participation in directed athletics or military science or tactics (JROTC). Students participating in directed athletics, including community-based, organized athletics, are eligible to receive up to 1.5 credits of the physical education requirement for their participation time. These students must:

- (i) document seventy-five (75) hours of participation time to qualify for 0.5 credits; or
 - (ii) participate on one (1) school-based athletic team to qualify for 0.5 credits upon successful completion of the season.
5. For other good cause as determined by the principal.

Although physical disability can be used as a rationale for excusing a student from participation in physical education, the district will provide Adapted Physical Education that is aligned to Washington state K-12 Physical Education Learning Standards if physical education is set out in that student's IEP and is specially designed to meet the unique needs of a student with a disability.

C. Physical Activity in Schools

All schools will participate in a Comprehensive School Physical Activity Program. A Comprehensive School Physical Activity Program (CSPAP) is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally recommended sixty (60) minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement. Schools shall avoid the use of physical activity and the withholding of physical education class and/or other forms of physical activity as a corrective action.

D. Quality Physical Education

Schools will implement a physical education program that includes instruction and practice in a variety of motor skills and movement patterns; knowledge of concepts, principles, strategies, and tactics related to movement and performance; knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness; responsible personal and social behavior that respects self and others; and values physical activity for health, enjoyment, challenge, self-expression, and social interaction.

E. Family and Community Engagement

The district will offer opportunities to promote family and community involvement in supporting and reinforcing physical education and physical activity in the schools. Schools should ensure that the following occurs:

- **Physical education activity ideas are sent home with students;**
- **Families are invited to attend and participate in physical education activity programs and health fairs;**
- **School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs; and**

- **Families are actively notified of opportunities and invited to participate in school-sponsored physical activities and receive information about health promotion efforts.**

FD. District Facilities

In order to provide quality physical activity, fitness, sports and recreation programs to all students in our area, community youth sports groups will have access to facilities in accordance with the district facilities use [policy](#), municipal joint use agreements and partnerships with organizations.

GE. Program Evaluation

District physical activity/health and fitness programs will be monitored and assessed in conjunction with other district academic and health-related programs. Results of these surveys and assessments will be reported to the board, school sites, and made available to the public.

HF. Annual Review

The district must conduct an annual review ([RCW 28A.230.055](#)) of its physical education programs that includes:

1. The number of individual students completing a physical education class during the school year.
2. The average number of minutes per week of physical education received by students in grades one (1) through eight (8), expressed in appropriate reporting ranges.

3. The number of students granted exceptions (excused from participation) from physical education requirements.

- 43.** An indication of whether all physical education classes are taught by instructors who possess a valid health and fitness endorsement.
- 54.** The physical education class sizes expressed in appropriate reporting ranges.
- 65.** The frequency with which physical education is provided to students.
- 76.** An indication of whether there is sufficient dedicated gym space and sheltered areas to support the minimum amount of physical activity required of students by law or agency rule.
- 87.** An indication of whether the physical education curriculum of the district addresses the Washington state K-12 learning standards.
- 98.** An indication of whether, as a matter of policy or procedure, the district routinely modifies and adapts its physical education curriculum for students with disabilities.
- 109.** An indication of whether the district routinely excludes students from physical education classes for disciplinary reasons.

The results of the annual review must be submitted to the district's wellness committee and to the Office of Superintendent of Public Instruction (OSPI).

As a best practice and subject to available funding, the district will strive to ensure that the following occur:

- 1. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.**
- 2. All schools will have certificated physical education teachers providing instruction.**
- 3. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality health and physical education consistent with state standards.**
- 4. All physical education teachers will be encouraged to participate in professional development in physical education at least once a year.**

II. Comprehensive Sexual Health Education

A. Definitions

The district's program will provide comprehensive sexual health education as defined by [RCW 28A.300.475](#).

"Comprehensive sexual health education" is recurring instruction in human development and reproduction as defined by [RCW 28A.300.475](#).

Comprehensive sexual health education for **"students in grades K-3"** is defined as instruction in social-emotional learning that is consistent with learning standards and benchmarks adopted by the office of the superintendent of public instruction under [RCW 28A.300.478](#).

"Affirmative consent" is defined as a conscious and voluntary agreement to engage in sexual activity as a requirement before sexual activity.

"Medically and scientifically accurate" is defined as information that is verified or supported by research in compliance with scientific methods, is published in peer review journals, where appropriate, and is recognized as accurate and objective by professional organizations and agencies with expertise in the field of sexual health including but not limited to, the American College of Obstetricians and Gynecologists, the Washington State Department of Health (DOH) and the Federal Centers for Disease Control and Prevention.

The 2005 [Guidelines for Sexual Health Information and Disease Prevention](#) publication, prepared by the Department of Health (DOH) and OSPI, provides the fundamental framework for establishing a medically and scientifically accurate comprehensive sexual health education program for students. A copy of the [Guidelines for Sexual Health Information and Disease Prevention](#) is located on the DOH and OSPI websites.

B. Program Criteria

All instruction and materials for the district's comprehensive sexual health education program, will meet the following criteria:

1. Medically and scientifically accurate,

2. Age appropriate,
3. Inclusive for all students regardless of their protected class status,
4. Consistent with the Health Education K-12 Learning Standards adopted by OSPI, and
5. Consistent with the [Guidelines for Sexual Health Information and Disease Prevention](#).

In grades K-3, instruction will be in social and emotional learning (SEL), provided at least once, that is consistent with the social and emotional standards and benchmarks adopted by OSPI.

Comprehensive sexual health education will be provided at least once in grades 4-5, at least twice in grades 6-8, at least twice in grades 9-12, and will include information about:

- The physiological, psychological, and sociological developmental processes experienced by an individual.
- Abstinence and other methods of preventing unintended pregnancy and sexually transmitted diseases; abstinence may not be taught to the exclusion of other materials and instruction on contraceptives and disease prevention.
- Health care and prevention resources.
- The development of intrapersonal and interpersonal skills to communicate, respectfully and effectively, to reduce health risks and choose healthy behaviors and relationships based on mutual respect and affection, and free from violence, coercion, and intimidation.
- The development of meaningful relationships and avoidance of exploitative relationships.
- Understanding the influences of family, peers, community, and the media throughout life on healthy sexual relationships.
- Affirmative consent and recognizing and responding safely and effectively when violence or a risk of violence is or may be present, with strategies that include bystander training.

C. Adoption of Program

Everett Public Schools will involve parents and community groups in the planning, development, evaluation, and revision of any instruction in comprehensive sexual health education offered as a part of the school program.

The district must ensure that all instructional materials are medically and scientifically accurate. The DOH is available to provide technical assistance in determining medical and scientific accuracy. When choosing curriculum, district staff may examine the list of materials reviewed for medical and scientific accuracy that are located on the OSPI website at <https://www.k12.wa.us/>.

In determining curriculum, the district staff are encouraged to review OSPI's list of sexual health education curricula that were reviewed for their alignment with the guidelines, standards, and other state requirements. Although the list is not exhaustive, it is updated regularly and is posted on the OSPI website at www.k12.wa.us. If the district chooses or develops a curriculum that is not from OSPI's list, the district must conduct a review of the selected or developed curriculum using the comprehensive sexual health curriculum analysis tools provided by OSPI. Ultimately, the district's comprehensive sexual health education program will ensure that in the K-12 life of a child, the comprehensive sexual health education program is consistent with the 2005 [Guidelines for Sexual Health Information and Disease Prevention](#), the [Health Education K-12 Learning Standards](#) and the provisions of [RCW 28A.300.475](#).

D. Annual Identification of Curricula Used

The district will annually identify to OSPI, using OSPI's reporting tool, any curricula used to provide comprehensive sexual health education and how the provided classroom instruction aligns with requirements of [RCW 28A.300.475](#).

E. Parent/Guardian Notification Process

At least one (1) month prior to teaching a program in sexual health education, each school will provide written notice to parents/guardians of the planned instruction.

F. Parent/Guardian Material Review Process

At least one (1) month prior to providing instruction in sexual health education, the district will notify parents that all instructional materials are available to parents/guardians for inspection. The notice must include, or provide a means for electronic access to, all course materials, by grade, that will be used at the school during the instruction. The opportunity for inspection will be provided at a time and place convenient for parent/guardian participation such as evenings or weekends.

G. Excluding Student from Program/Opt-Out

A parent/guardian who wishes to have their student excused from any planned instruction in comprehensive sexual health education must complete a [Request to Excuse Student from HIV Prevention Education and/or Comprehensive Sexual Education Instruction form](#). Excused students will be provided with appropriate alternative educational opportunities.

H. Guest Speakers

Guest speakers may deliver comprehensive sexual health education as long as they and all instruction materials used are consistent with state law.

III. Health, Family Life, and HIV-AIDS Prevention Education

A. Instructional Committee

The superintendent or designee shall appoint a committee of teachers, school health persons, administrators and other community members to develop an instructional approach for students in grades five (5) through twelve (12), including standards and assessments to the teaching of health, family life, and HIV (human immunodeficiency virus)-AIDS (acquired immunodeficiency syndrome), prevention education, or to revise present programs as necessary.

This committee shall consult with parents/guardians and other community representatives to aid in the completion of this work.

B. Program Curriculum

The district curriculum for HIV/AIDS prevention education shall be designed to teach students which behaviors that place a person dangerously at risk of infection with HIV, and methods to avoid such risk including, at least:

1. The dangers of drug abuse, especially the use of hypodermic needles; and
2. The dangers of sexual intercourse, with or without condoms.

The program of HIV/AIDS prevention education will stress the life-threatening dangers of contracting HIV/AIDS and will stress that abstinence from sexual activity is the only certain means for preventing the transmission of HIV through sexual contact. The instruction will also stress that condoms and other artificial means of birth control are not a certain means of preventing the transmission of HIV, and reliance on condoms puts an individual at risk for exposure to the disease.

The curricula and materials used in the HIV/AIDS education program may be the model curricula and resources available from OSPI or, developed (or purchased) by the district and approved for medical accuracy by the Department of Health office on HIV/AIDS.

District-developed (or purchased) HIV/AIDS prevention curricula must be submitted to the DOH office on HIV/AIDS accompanied by an affidavit of medical accuracy stating that the material has been compared to the model curricula for medical accuracy and that in the opinion of the district, the materials are medically accurate. After submission of these materials to the DOH Office on HIV/AIDS, the district may use the materials until the approval procedure by the DOH Office on HIV/AIDS has been completed.

C. Parent/Guardian Notification Process

At least one (1) month before teaching HIV/AIDS prevention education in any classroom, the district must notify parents/guardians that instruction will take place and conduct at least one (1) presentation, during weekend and evening hours, for parents/guardians of students concerning the curricula and materials that will be used for such education.

D. Excluding Student from Program/Opt-Out

No students will be required to participate in HIV/AIDS prevention education if the student's parent or guardian, after having attended one of the school presentations, objects in writing to the student's participation. ([Request to Excuse Student from HIV Prevention Education and/or Comprehensive Sexual Education Instruction form.](#))

Cross reference:

[Board Policy 2123](#)

Health and Fitness Curriculum

Adopted: August 2006
Updated: November 2011
Revised: June 2014
Revised: April 2016
Updated: July 2017
Revised: November 2017

Revised: June 2018
Revised: June 2021
Updated: August 2022
Revised: August 2023
Updated: March 2024
PROPOSED: April 2024



APPLICATION FOR PHYSICAL EDUCATION EXCEPTION FOR STUDENTS IN GRADES 1-8

FOR THE _____ - _____ SCHOOL YEAR

Submit this form to the school your student will attend.

| | |
|--------------|--------------|
| School | Grade |
| Student name | Student ID # |

In accordance with [RCW 28A.230.040](#), students in grades 1-8 may be excused from participating in physical education for the reasons listed below. You may select only one.

☐ **Religious belief**, with a note indicating the religious doctrine that prevents the student's participation in physical education. Is the relevant documentation attached? ☐ YES ☐ NO

☐ **Physical disability**, with a note from the student's physician indicating the reason and length of time for the request. Is the relevant documentation attached? ☐ YES ☐ NO

Does the documentation indicate length of time for the request?

☐ 1st semester ☐ 2nd semester ☐ Other (specify): _____

☐ **Participation in directed athletics**, including community-based, organized athletics.

Students must:

- Document seventy-five (75) hours of participation in community-based, organized athletics to qualify for one (1) semester of middle school physical education; **OR**
- Participate on two (2) middle school-based athletic teams* to qualify for 75 hours of participation.

Is the relevant documentation attached? ☐ YES ☐ NO

***For middle school-based athletic team:** If approved, I understand that my student's participation in middle school-based athletics will be monitored weekly by the schools' athletic director and that my student will be expected to return to PE class once the school-based athletics ends. Students not participating as required in school-based athletics will be expected to leave their elective course and return to PE class.

| | |
|----------------------|---------------------------|
| Parent/guardian name | Parent/guardian signature |
|----------------------|---------------------------|

FOR ADMINISTRATIVE USE ONLY

| | |
|---------------------|---------------|
| Request received by | Date received |
|---------------------|---------------|

| | | |
|-----------------------------------|---------------------------------|---------------|
| <input type="checkbox"/> Approved | <input type="checkbox"/> Denied | Date reviewed |
|-----------------------------------|---------------------------------|---------------|

| | |
|----------------|---------------------|
| Principal name | Principal signature |
|----------------|---------------------|

Adopted: August 2023

Distribution:

☐ Athletic director

☐ Counselor

☐ Registrar

☐ Student's CUM file

IN REVISION



2123P
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DATE

PARENT NAME
ADDRESS
CITY, ST 98ZIP

RE: Physical Education Exception Application for STUDENT NAME for the SCHOOL YEAR

Dear PARENT NAME:

I am in receipt of your Physical Education (PE) Exception Application for STUDENT NAME submitted on DATE for the SCHOOL YEAR. In your request for PE exception, you identified the basis for your request as:

☐ **Religious belief**

Note required indicating the religious doctrine that prevents the student's participation in PE.

☐ **Physical disability**

Note required from the student's physician indicating the reason and length of time for the request.

☐ **Participation in directed athletics***

Students must:

- *Document 75 hours of participation in community-based, organized athletics to qualify for one semester of school physical education; **OR***
- *Participate on two school-based athletic teams to qualify for 75 hours of participation.*

Was required relevant documentation provided? ☐ Yes ☐ No

* First semester: Participation documentation of 75 hours for student exceptions from PE is due to the principal by January 15.

* Second semester: Participation documentation of 75 hours for student exceptions from PE is due to the principal by June 1.

After reviewing your request for a Physical Education Exception on DATE for STUDENT NAME, I am:

☐ Granting the request

☐ Denying the request

Reason: _____

Sincerely,

NAME, Principal, NAME School

c: Athletic director
Counselor
Registrar
Student's CUM file