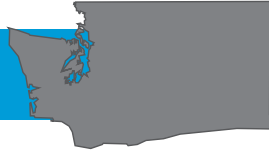


WASHINGTON



Amount of Required Physical Education: The state requires students to take physical education an average of at least 100 minutes per week in grades 1-8.³³⁴ There is also a state goal to ensure at least 150 minutes per week of physical education in grades 1-8.³³⁵ High schools are required to provide students with physical education, and students must earn physical education credit for graduation.³³⁶ The state does not have a method for enforcing the physical education requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.5 credits in "Fitness" for graduation.³³⁷

Substitutions: The state permits school districts or schools to allow students to substitute courses that meet the appropriate grade-level state physical education learning standards for required physical education participation or credit.³³⁸

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. School districts have authority to grant waivers regarding physical education and to determine the duration of the waiver. Students may receive an exemption from required physical education for physical disability, religious belief, or participation in directed athletics (grades 1-8); or physical disability, employment, religious belief, participation in directed athletics or military science and tactics, or for other good cause (high school).³³⁹ State law specifies that any district waiver or exemption policy from physical education requirements for high school students should be based on meeting both health and fitness curricula concepts as well as alternative means of engaging in physical activity, but should acknowledge students' interest in pursuing their academic interests.³⁴⁰

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly amount of physical activity for elementary, middle school/junior high, or high school students. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. It monitors the implementation of local school wellness policies through the state Office of Superintendent of Public Instruction.

State Standards: The state has adopted standards for physical education.³⁴¹ [The Health and Physical Education K-12 Learning Standards](#) were last revised in 2008 and are currently undergoing another revision, with expected adoption in 2016.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum. State law directs the state school directors' association, with the assistance of the office of the superintendent of public instruction, the department of health, and SHAPE Washington to convene an advisory committee to develop a model policy that includes the development of a physical education and fitness curriculum for students.³⁴² Local school districts decide how often the physical education curriculum are reviewed and/or revised. In the past year the state has distributed goals and objectives of physical education programs, student learning benchmarks, a chart describing scope and sequence for physical education, and lesson plans or learning activities for physical education to schools and school districts. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools and school districts through existing state communications networks, professional development sessions sponsored by the Centers for Disease Control and Prevention (CDC), and presentation(s) at state conferences or meetings.

State Funding for Physical Education Programs: School district appropriations fund physical education programs in school districts and schools. Additional funding from Comprehensive School Physical Activity Program and state grants ranging from \$1,000-100,000 are available for improving physical education programs. State law specifies that the board of directors of any school district may borrow money and issue negotiable bonds to purchase sites for all buildings, playgrounds, physical education facilities and athletic facilities and structures authorized by law or necessary or proper to carry out the functions of a school district.³⁴³

Class Size: The state's required student-teacher ratio for academic classes is not applicable to physical education.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state requires student assessment related to the state physical education standards at least once during each grade level in elementary, middle school/junior high, and high school. Students are assessed in areas determined by school districts. Aggregate data for the school district are shared publicly and sent to the state department of education. These data are also used to inform: school district or a school's long-term strategic planning, School Improvement Plans, and wellness policies. Individual student results are sent to parents/guardians. Results are also used in research studies.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state provides model policies, policy guidance, or other materials to inform school or district policy on screening for student weight status using body mass index (BMI).

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the high

school level, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process and by providing one or more forms of monetary recognition for national board certified teachers.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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334 Wash. Admin. Code § 392-410-135 (2015).
335 Wash. Rev. Code § 28A.210.365 (2015).
336 Wash. Rev. Code § 28A.230.050 (2015).
337 Wash. Admin. Code § 180-51-068 (2016).
338 Wash. Admin. Code § 392-410-136 (2016).

339 Wash. Rev. Code § 28A.230.040 (2015); Wash. Rev. Code § 28A.230.050 (2015).
340 Wash. Rev. Code § 28A.210.365 (2015).
341 Wash. Rev. Code § 28A.655.070 (2016).
342 Wash. Rev. Code § 28A.210.360 (2015).
343 Wash. Rev. Code § 28A.530.010 (2015).