



*Every Student Matters, Every Moment Counts*

**Morton School District #214**  
**Home of the Timberwolves!**

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**Morton Jr/Sr High School**

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**Morton Elementary School**

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**Policy: 2407P Health and Fitness**

**Section:** ☐ 0000 Planning ☐ 1000 Board of Directors ☒ 2000 Instruction ☐ 3000 Students ☐ 4000 Community Relations ☐ 5000 Personnel ☐ 6000 Management

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## Health and Fitness

### Demonstrating Competency/Proficiency in Health

The district will manage the assessment process so that students seeking competency-based credit can demonstrate competency/proficiency in health skills. A student may recover a one-half (.5) health credit if the student meets standard on another approved state alternative that meets the graduation requirement.

### Demonstrating Competency/Proficiency in Physical Education Knowledge

The district will manage the assessment process so that students seeking competency-based credit can demonstrate competency/proficiency in knowledge of fitness. Students may waive one-half credit (.5) of physical education per semester. Students who waive physical education credits pursuant to RCW 28A.230.050 must still demonstrate sufficient proficiency in health and fitness knowledge. Students may demonstrate sufficient proficiency as follows:

1. First Waiver (.5 PE credit) The student must meet proficiency/competency at 70% or higher in one of the following:
  - OSPI-developed fitness assessment: Concepts of Health and Fitness
  - District-approved fitness assessment (cognitive assessment on fitness education)
2. Second Waiver (.5 PE credit) The student must meet proficiency/competency at 70% or higher in one of the following:
  - OSPI-developed fitness assessment: Fitness Planning
  - District-approved fitness assessment (cognitive assessment on fitness education that is different than First Waiver)
3. Third Waiver (.5 PE credit) The student must meet proficiency/competency in one of the following:
  - District-approved fitness plan/portfolio at 80% or higher
  - District-approved fitness assessment (cognitive assessment on fitness education that is different than Second Waiver) at 70% or higher

*The Morton School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Title IX Coordinator/ADA Coordinator/Civil Rights Compliance Coordinator and Superintendent John Hannah, 152 Westlake Avenue, Morton, WA, 98356, 360-496-5300, [jhannah@morton.k12.wa.us](mailto:jhannah@morton.k12.wa.us), or Section 504 Coordinator Becky Brooks, 152 Westlake Avenue, Morton, WA, 98356, 360-496-5137, [bbrooks@morton.k12.wa.us](mailto:bbrooks@morton.k12.wa.us).*