

Health and Fitness Procedure 2407P

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 trimester up to 2 credits. 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 the Previous Waivers) at 70% or higher

4. Fourth 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 the Previous Waivers) at 70% or higher

Adopted: 09.28.20

Revised: