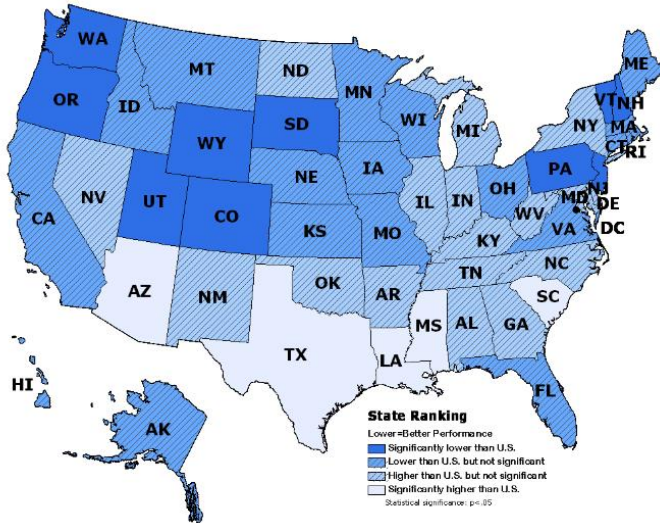




Washington

Overweight & Obesity Rates for Children



Washington
26.2%

UNITED STATES
31.3%

Source: 2011/12 National Survey of Children's Health. Data Resource Center for Child & Adolescent Health.

Physical Education in Washington

WASHINGTON PHYSICAL EDUCATION REQUIREMENTS	YES	NO
Does WA mandate elementary school PE	X	
Does WA mandate middle school/junior high school PE	X	
Does WA mandate high school PE	X	
Does WA have its own PE standards	X	
Does WA require PE in all grades K-12		X

Source: *Shape of the Nation Report: Status of Physical Education in the USA* (2012). National Association for Sport and Physical Education.

HIGH SCHOOL STUDENT PARTICIPATION IN PHYSICAL EDUCATION	U.S. Students %
Did <u>NOT</u> attend physical education classes daily	68.5%
Did <u>NOT</u> attend physical education classes in an average week	48.2%

Source: Youth Risk Behavior Survey (YRBS) 2011. Centers for Disease Control and Prevention.



Washington PEP Grant Funding 2001-2014:

\$13,222,186.00

Source: Compiled by SHAPE America: <http://www.shapeamerica.org/advocacy/upload/PEP-recipients-by-state-2001-2014.pdf>





WASHINGTON

Amount of Required Physical Education:

Washington mandates an average of 100 minutes of physical education per week in grades K-6. The state also mandates an average of 100 minutes per week of physical education in grades 7-8.

High School Graduation Requirements: The state requires students to earn 2.0 health and fitness education credits for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute participation in directed athletics or military science and tactics for their required physical education credit.

Exemptions/Waivers: The state permits school districts or schools to exempt students from participating in physical education due to physical disability, employment or religious belief.

Physical Activity: The state does not require elementary schools to provide daily recess, and does not require a minimum weekly amount of physical activity time for elementary school students. Neither does the state require a minimum weekly amount of physical activity time for middle school/junior high school and high school students. Classroom physical activity breaks are not required, and Washington does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Washington does support Safe Routes to School programs.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency, but does not monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education. The Essential Academic Learning Requirements have a health and fitness section which provides Health and Fitness Grade Level Expectations, describing what students should know and be able to do from grade to grade. This section was last revised in 2008.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education.

Class Size: The state does not mandate a teacher-to-student ratio.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses and does not require online courses to be taught by a certified physical education teacher.

Student Assessment Requirements: The state requires student assessment in physical education in grades 5, 8 and 10. School districts must report to the state whether they have met this requirement.

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Grade Point Average (GPA): Physical education grades are required to be included in a student's GPA.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels and must be renewed every three years.

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Professional Development of Physical Education

Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by providing partial funding if the teacher receives board certification and providing on-going higher level of pay for those who are certified.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

Contact Person:

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