

## Health and Physical Education Mastery-Based Credit Procedure 2407P

### Demonstrating Mastery/Proficiency in Knowledge of Health

The district will manage the assessment process so that students seeking mastery-based credit can demonstrate mastery/proficiency in health. Mastery-based credit can be used either for awarding credit in place of a traditional course, or for credit recovery purposes. A student may receive a one-half (.5) health credit if the student meets standard on another approved state alternative that meets the graduation requirement.

### Demonstrating Mastery/Proficiency in Physical Education

The district will manage the assessment process so that students seeking competency-based credit can demonstrate mastery/proficiency in knowledge of physical education. 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 physical education knowledge. Students may demonstrate sufficient proficiency as follows:

1. First Waiver (.5 PE credit)

The student must meet proficiency/mastery 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/mastery 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/mastery 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

Students may obtain up to 1 PE credit for passing a district-created assessment that is aligned to state learning standards. Students do not need to have attempted and failed a course before being eligible for these options:

1. Locally created written or oral test;
2. A written report on the student;
3. Student-designed portfolio of work;
4. Student presentation or oral defense of their learning in the course;
5. Hands-on demonstration of knowledge and skills; or
6. A combination of assessment approaches, as defined by the district.

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