

# **E** Eastmont School District #206 Relationships, Relevance, Rigor, and Results **District Physical Fitness, Wellness & Health Report for 21-22**

## Board Policy 6701

As per Board Policy 6701 Wellness Policy:

*District administrators for Elementary and Secondary Education will monitor compliance and provide an annual report to the Board on District physical fitness, wellness, and health activities.*

| Schools      | Total Recess Minutes per Week | Total Health/Fitness Minutes per Week | Lead-free water readily accessible | Food Items Sold on Campus |
|--------------|-------------------------------|---------------------------------------|------------------------------------|---------------------------|
| Cascade      | 175                           | 112                                   | Yes                                | none                      |
| Grant        | 175                           | 112                                   | Yes                                | none                      |
| Kenroy       | 175                           | 112                                   | Yes                                | none                      |
| Lee          | 175                           | 112                                   | Yes                                | none                      |
| Rock Island  | 175                           | 112                                   | Yes                                | none                      |
| Clovis Point | 175                           | 112                                   | Yes                                | Juice/Water               |
| Sterling     | 40                            | 125                                   | Yes                                | Juice/Water               |
| Junior High  | NA                            | 125                                   | Yes                                | Juice/Water               |
| High School  | NA                            | 2 credits                             | Yes                                | Juice/Water               |

### **Additional Physical Fitness, Wellness, and Health Activities Hi-light**

EHS Unified PE Class - Teacher Mike Don - Inclusionary class composed of typically performing students and life skills students. Students use the fitness room two days a week and participate in modified games/activities three days a week. Workout partners motivate and support their peers to fully participate and enjoy the benefits of the health skills being taught.

| District Goal/Strategy/Activity  | Progress to Date/Available Data   |
|--|---|
| Students will be provided the minimum state required minutes per week of health instruction and physical fitness instruction/ activities. (Policy 6701)                | Eastmont Schools meet the Washington requirements: <ul style="list-style-type: none"> <li>100 minutes of physical education per week <ul style="list-style-type: none"> <li>K-6 and grades 7-8.</li> </ul> </li> <li>2.0 credits health and fitness in high school (9-12).</li> </ul> |
| Health and physical fitness will follow a District curriculum K-12 that reflects National Best Practices. (Policy 6701)  | Health and Fitness curriculum reviewed in 2019. Created district standards for equipment, increased consistency of instruction across the district. Spring 2021 review of sexual health standards and instructional materials. Board approval June 2021.                              |
| Health and physical fitness instruction will be provided by a certificated teacher or a paraeducator working under the direction of a certified teacher. (Policy 6701) | All health and fitness teachers are certificated and appropriately endorsed.  |