

SNOHOMISH SCHOOL DISTRICT
Valley View Middle School

Request for Life Fitness
Alternative “Equivalent” Program

According to RCW 28A.230.040, Physical Education (Life Fitness) is a state mandated class for all students K-8. Therefore it is a critical class for the development of all children, particularly during the adolescent years. At a time when their physical, emotional and intellectual characteristics are changing so dramatically, it is vital that they develop the knowledge and habits that will shape healthy choices for the rest of their lives. For that reason, they need to be exposed to a variety of recreational games and activities.

We also know that in some cases, students may be involved in demanding physical activity outside of school that, when combined with the requirements of Life Fitness, could be too much for them emotionally or physically. Therefore, what follows is a description of the process prescribed to request an alternative to the Life Fitness requirement.

How do I qualify?

- If you are involved in a sport or physical activity outside of the Life Fitness class which, combined with that class, would present demands that would be considered either emotionally or physically excessive.
- You have a medical condition which prevents you from participating in Life Fitness activities.

What is the process to request a Life Fitness Alternative Program?

You will need to complete the “Life Fitness Alternative Request” requirements (on back). You will also need to complete the “Application for Alternative Program to Meet the Life Fitness Requirement.” This application requires the student to:

- Develop a Fitness Action Plan in compliance with state standards
- 8th graders need to take the OSPI developed Classroom Based Assessment (CBA) at some point during their 8th grade year
- Received the approval of parent and coach/activity supervisor
- Application to request a Life Fitness Alternative Program must be submitted and approved by the Principal or Assistant Principal at VVMS **prior to the start of the class.**

Students who pursue this option will be given a choice of elective classes that fit into their current schedule (no changes in core classes) and that will not overload classes. Study hall may be considered.

If you have questions about this process, please see your counselor, assistant principal or the principal.

