



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**

*Physical Education  
Programs—Annual Review  
2024–25*

# PHYSICAL EDUCATION PROGRAMS—ANNUAL REVIEW 2024–25

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# INTRODUCTION

This report is in response to [RCW 28A.230.055](#); Physical Education Programs—Annual Review. The report answers questions from ten different physical education (PE) metrics from the RCW for the 2024–25 school year.

## Results

We collected data from a web survey sent to district leaders, and data from our agency’s Comprehensive Education Data and Research System (CEDARS). Our 2024–25 survey received complete responses from 183 districts, out of a total of 295 public school districts and eight State Tribal Education Compacts (STECs).

### Number of Students Completing a PE Class During the School Year

In the 2024–25 school year, 217,183 students were registered for a PE class in high school. The table below records how many students received credit at the high school level. High school students need 1.5 credits in PE to graduate ([WAC 180-52-068](#)). In that same school year, 593,609 students were registered for a PE class in elementary and middle school.

**Table 1: High School PE Credits Earned**

Range of Credits	# of Students
0 credits earned	13,774
0–.9 credits	86,125
1–1.9 credits	106,407
2–2.9 credits	3,733
3–3.9 credits	163
4 or more credits	28

**Source:** CEDARS, 2025.

## Average Minutes Per Week of PE for Students in Grades 1–8

Out of 183 responses, 94 school districts (51.4%) reported an average of 50–99 minutes per week in grades 1–5. The minimum requirement is 100 minutes per week, ([WAC 392-410-135](#)) which 63 districts, or about 35% of responses met at the elementary level.

The three districts which did not offer PE were Pinnacles Prep, Suquamish Tribal Education Department, and Washington State School for the Blind.

**Table 2a: Average Minutes per Week of PE in Grades 1–5**

Range of Minutes	Response Rate
Did not offer PE	1.6% (3)
0–49 minutes	6% (11)
50–99 minutes	51.4% (94)
100–149 minutes	34.4% (63)
150 or more minutes	6.6% (12)

**Source:** Survey, 2025.

Table 2b shows the average minutes per week of PE for students at the middle school level. Most responses (80%) met the required minimum or above.

**Table 2b: Average Minutes per Week of PE in Grades 6–8**

Range of Minutes	Response Rate
0–49 minutes	4.5% (8)
50–99 minutes	15% (26)
100–149 minutes	41% (71)
150 or more minutes	39.3% (68)

**Source:** Survey, 2025.

## Number of Students Waived from PE Requirements

Table 3 shows the number of waivers granted by grade level. State law allows districts to excuse students from participation due to physical disability, employment, religious belief, participation in directed athletics, military, or other good causes. Students waived from participation in PE are required to show competency in the knowledge portion of the fitness requirement, following written district policy. ([RCW 28A.230.050](#), [WAC 180-51-068](#)).

**Table 3: Waivers Granted by Grade Range**

Grade Range	# Waived
Grades 1–5	101
Grades 6–8	3,171
Grades 9–12	9,370
Total grades 1–12	12,642

**Source:** Survey, 2025.

## Classes Taught by Instructors with a Valid Health and Fitness Endorsement

Table 4 shows how many PE classes in elementary, middle, and high school were taught by a certified teacher with a Health & Fitness endorsement. Statewide, over 71.7% of PE classes were taught by a certified teacher with a Health/Fitness endorsement.

**Table 4: Instructors with Health and Fitness Endorsement**

Grade Band	Instructors Endorsed
PE classes in elementary	72.8%
PE classes in middle school	70.3%
PE classes in high school	72.1%

**Source:** CEDARS, 2025.

## PE Class Sizes, in Appropriate Reporting Ranges

When comparing PE class sizes in high school to other types of general education class sizes in those high schools (math, science, etc.), PE class size averaged 1.5x larger (or 150%) than the average of other classes. For example, the average high school PE class size is 24 students; the average class size for science and world language classes is 19 and for English and math, the average is 17. CEDARS cannot aggregate the average class size in most elementary schools.

**Source:** CEDARS, 2025.

## The Frequency with Which PE is Provided

Table 5a shows the frequency of PE class at the elementary level. Most responses (65.6%) reported a frequency of one or two days a week. For Other, common write-in responses included 2–3 days per week, every 3–4 days, and schedules that differ by schools within the district.

**Table 5a: Frequency in Grades 1–5**

Frequency	Response Rate
1–2 days a week	65.6% (120)
3–4 days a week	20.8% (38)
Every day	8.7% (16)
Alternating weeks	4.9% (9)
One semester/quarter on/off	0.5% (1)
Year round	14.2% (26)
Other	10.4% (19)

**Source:** Survey, 2025.

Table 5b shows the frequency of PE class at the middle school level. Most responses (52.6%) offered PE every day, or with alternating quarters or semesters (~40%). For Other, common write-in responses included schedules that vary by grade level, and PE for two out of three trimesters.

**Table 5b: Frequency in Grades 6–8**

Frequency	Response Rate
1–2 days a week	9.8% (17)
3–4 days a week	15.6% (27)
Every day	52.6% (91)
Alternating weeks	2.3% (4)
One semester/quarter on/off	39.9% (69)
Year round	11.6% (20)
Other	9.2% (16)

Table 5c shows the frequency of PE at the high-school level. Most responses show that PE is offered every day (~60%) or with alternating quarters or semesters (~36%). Common write-in responses included three semesters (or 1.5 credits) required for graduation, and every day when enrolled.

**Table 5c: Frequency in Grades 9–12**

Frequency	Response Rate
1–2 days a week	2.6% (4)
3–4 days a week	7.8% (12)
Every day	59.5% (91)
Alternating weeks	1.3% (2)
One semester/quarter on/off	35.9% (55)
Year round	11.1% (17)
Other	23.5% (36)

**Source:** Survey, 2025.

## Sufficient Gym Space and Sheltered Area

The RCW asks for “An indication of whether there is sufficient dedicated gym space and sheltered areas to support the minimum amount of physical activity required of students by law or agency rule.” Most responses said that they have enough space.

The six districts that reported insufficient space were Colville, Oak Harbor, Pinnacles Prep, Riverside, Seattle Public Schools, and Shaw Island.

**Table 6: Sufficient Space for Physical Activity**

Response	Rate
Yes, sufficient	96.7% (177)
No, not sufficient	3.3% (6)

**Source:** Survey, 2025.

## District PE Curriculum Addresses the K–12 Learning Standards

The RCW asks for “An indication of whether the physical education curriculum of the district addresses the Washington state K–12 learning standards.” Most responses said yes, while 14 responses did not meet the [state learning standards](#).

The districts that answered no were Almira, Battle Ground, Boistfort, Edmonds, Goldendale, Lyle, Olympia, Palisades, Paterson, Snoqualmie Valley, Steptoe, Wahkiakum, Willapa Valley, and Wishkah Valley.

**Table 7: District Curriculum Meets Learning Standards**

Response	Rate
Yes	92.3% (169)
No	7.7% (14)

**Source:** Survey, 2025.

## District Modifies and Adapts its PE Curriculum for Students with Disabilities

The RCW asks for “An indication of whether, as a matter of policy or procedure, the district routinely modifies and adapts its physical education curriculum for students with disabilities.” Only one response, Edmonds School District, said they did not modify their curriculum.

In 2024, the Office of Superintendent of Public Instruction (OSPI) provided recommendations and [Updated Guidance on Adapted Physical Education](#) for educators, including information on the Adapted PE Endorsement option from the Professional Educators Standards Board (PESB).

**Table 8: Modified or Adapted Curriculum**

Response	Rate
Yes	99.5% (182)
No	0.5% (1)

**Source:** Survey, 2025.

## District Excludes Students from PE for Disciplinary Reasons

The RCW asks for “An indication of whether the district routinely excludes students from physical education classes for disciplinary reasons.” Most responses said they do not exclude students for disciplinary reasons.

The ten districts that reported yes were Anacortes, Colville, Griffin, Highland, Olympia, Orient, Sequim, Starbuck, Washington School for the Deaf, and White River School District.

Effective July 2025, OSPI revised the [Washington State K-12 Discipline Rules](#) for districts to promote equity, empower students and families, and to align with state educational standards. More information on these revisions can be found on the [Student Discipline](#) website.

**Table 9: Students Excluded for Discipline**

Response	Rate
Yes	5.5% (10)
No	94.5% (173)

**Source:** Survey, 2025.

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