



THE WASHINGTON STATE BOARD OF EDUCATION

A high-quality education system that prepares all students for college, career, and life.

Title:	Student Presentation	
As Related To:	<input type="checkbox"/> Goal One: Develop and support policies to close the achievement and opportunity gaps. <input type="checkbox"/> Goal Two: Develop comprehensive accountability, recognition, and supports for students, schools, and districts.	<input type="checkbox"/> Goal Three: Ensure that every student has the opportunity to meet career and college ready standards. <input type="checkbox"/> Goal Four: Provide effective oversight of the K-12 system. <input checked="" type="checkbox"/> Other
Relevant To Board Roles:	<input checked="" type="checkbox"/> Policy Leadership <input type="checkbox"/> System Oversight <input type="checkbox"/> Advocacy	<input checked="" type="checkbox"/> Communication <input type="checkbox"/> Convening and Facilitating
Policy Considerations / Key Questions:		
Possible Board Action:	<input checked="" type="checkbox"/> Review <input type="checkbox"/> Approve	<input type="checkbox"/> Adopt <input type="checkbox"/> Other
Materials Included in Packet:	<input type="checkbox"/> Memo <input type="checkbox"/> Graphs / Graphics <input type="checkbox"/> Third-Party Materials <input type="checkbox"/> PowerPoint	
Synopsis:	Student presentations allow SBE board members an opportunity to explore the unique perspectives of their younger colleagues. In his presentation to the Board, Student Representative Baxter Hershman will present on the role of sports in education.	

The Role of Sports in Education

By Baxter Hershman

Student Update

I have completed my junior year of high school

The first of the “lasts” have started

It is summer

Officially, I have been on the board for a year

I am now the Senior Rep.



Extracurricular vs Physical Education

Non-Academic Pros

Teaches students the ethics of hard work

Many students are “paper champions”

Specific to “neighborhood” sports: provides a sense of self-independence and the ability to negotiate

Creates a place for students to express themselves

Can help lower childhood obesity

Deters students from engaging in illegal behavior

Sports can teach
lessons that school
cannot

Non-Academic Cons

High injury rates

- High medical costs

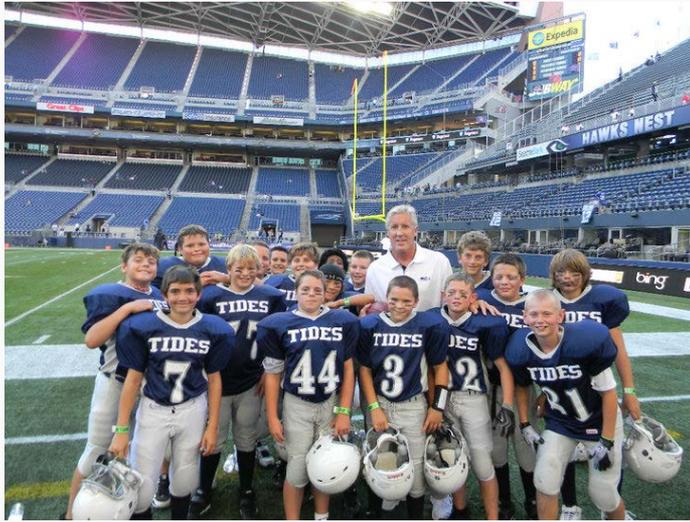
- In relation to students: takes longer to recover from a concussions

Financial hardship on families

Sports specialization

- Puts too much pressure on the student

Student Connection



National and State Standards

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Current Policy

RCW 28A.230.095: schools are required to have assessments to ensure that students have an understanding of the subject

RCW 28A.230.050: students may be excused from physical education requirements for variety of reasons, one of which is directed athletics

WAC 180-51-068: students are required to have 2 health and fitness credits (.5 health and 1.5 fitness)

WAC 180-51-025: the content of fitness courses can be determined locally

No federal regulations
regarding hours of required
recess or physical activity

Current Systems

State requirements are based off of health and fitness credits

.5 Health

1.5 Fitness

Extracurricular sports offered throughout the state

Competency based credit is allowed

Effects on School Climate and Culture

Effect varies depending on sport and performance

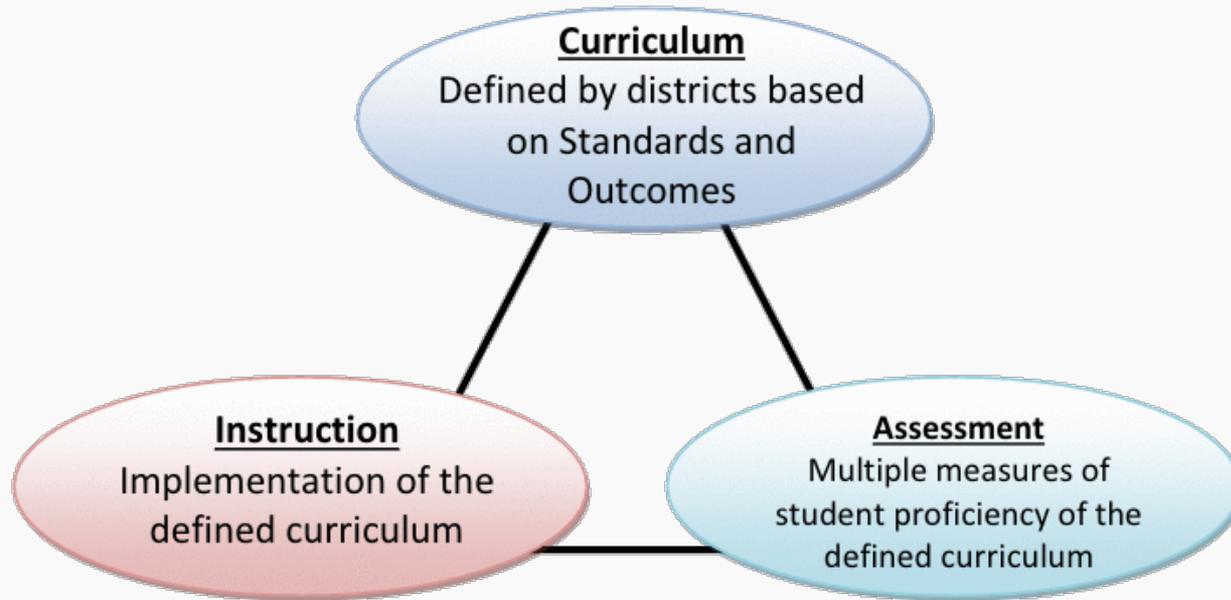
Can be both positive and negative

Frequent social topic among students

Strengthens school pride and spirit

Allows students to associate school with “fun”

Relations to Education



Correlation between hours of physical activity and academic achievement

[Center for Disease Control \(p. 16-19\)](#)

Conclusion

Sports play a big role in schools

There is a large possibility for competency based-crediting

Current policy seems friendly to do so

Positive relation to academic performance and level of physical activity

Soft skills are able to taught in a way that cannot be captured in a traditional school setting

Thank you

Questions?