

ENROLLED SENATE
CONCURRENT
RESOLUTION NO. 70

By: Helton of the Senate

and

Boyd (Betty) of the House

A Concurrent Resolution stating legislative intent that every district board of education in the State of Oklahoma provide high quality physical education programs daily to every student in grades kindergarten through twelve; and directing distribution.

WHEREAS, the Oklahoma State Legislature finds that for the purpose of promoting physical wellness of the children of Oklahoma it is essential that all Oklahoma school districts provide high quality physical education programs daily to all students from grade kindergarten through twelve; and

WHEREAS, it is the intent of the Legislature that the physical education curriculum include for all students developmentally appropriate physical education skills, movement skills, fitness components, sports pedagogy, personal management skills, group leadership skills, and wellness components; and

WHEREAS, physical education is essential to the development of growing children; and

WHEREAS, physical education increases children's mental alertness, academic performance, readiness to learn, and enthusiasm for learning; and

WHEREAS, physical education helps improve the self-esteem, interpersonal relationships, responsible behavior, and independence of children; and

WHEREAS, students who participate in high quality physical education programs daily are generally healthier and more physically fit than nonparticipants; and

WHEREAS, research shows that by the time children are in the fifth grade, they usually have formulated a positive or negative attitude towards physical activity that carries over into their adult lives; and

WHEREAS, the Legislature recognizes the disturbing trend of increasing rates of obesity among Oklahoma's school-aged children and that obesity among children significantly increases their risk of obesity as adults; and

WHEREAS, physically fit adults have significantly reduced risk factors for diabetes, heart attacks, and strokes; and

WHEREAS, physical education can instill in children good habits that will lead to healthier and happier lives as adults; and

WHEREAS, the United States Surgeon General in "Objectives for the Nation" recommends increasing the number of school-mandated physical education programs that focus on health-related physical fitness; and

WHEREAS, the United States Secretary of Education in "First Lessons - A Report on Elementary Education in America" recognized that the elementary schools have a special mandate to provide

elementary school children with the knowledge, habits, and attitudes that will equip the children for a fit and healthy life.

NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE 2ND SESSION OF THE 46TH OKLAHOMA LEGISLATURE, THE HOUSE OF REPRESENTATIVES CONCURRING THEREIN:

THAT every district board of education in the State of Oklahoma should develop policies to ensure that all students in grades kindergarten through twelve be provided high quality physical education programs that improve the physical condition of Oklahoma students, educate students on the importance of good physical condition, and increase the probability that Oklahoma students will grow to lead happy, healthy, and productive adult lives.

THAT the physical education programs shall be of high quality and consist of a weekly minimum of seventy-five (75) minutes per student, exclusive of recess activity, supervised play, intramurals, interschool athletics or other extracurricular activities for all children in grades kindergarten through twelve.

THAT copies of this resolution be distributed to the State Board of Education and the Oklahoma State Board of Health.

THAT the State Board of Education distribute copies of this resolution to every district board of education in the State of Oklahoma.

Adopted by the Senate the 21st day of May, 1998.

President of the Senate

Adopted by the House of Representatives the 22nd day of May, 1998.

Speaker of the House of Representatives