

1 STATE OF OKLAHOMA

2 2nd Session of the 60th Legislature (2026)

3 SENATE BILL 1481

By: Seifried

6 AS INTRODUCED

7 An Act relating to schools; amending 70 O.S. 2021,
8 Section 11-103.9, which relates to physical education
9 program requirements; requiring certain schools to
10 provide students in certain grades certain amount of
11 recess per day as a condition of accreditation;
12 allowing recess to be divided into two periods;
13 requiring recess to consist of certain play;
14 prohibiting removal of recess as a form of
15 discipline; removing language encouraging certain
16 amount of recess in certain grades; updating
17 statutory language; providing an effective date; and
18 declaring an emergency.

19 BE IT ENACTED BY THE PEOPLE OF THE STATE OF OKLAHOMA:

20 SECTION 1. AMENDATORY 70 O.S. 2021, Section 11-103.9, is
21 amended to read as follows:

22 Section 11-103.9. A. Except as otherwise provided for in this
23 section, the State Board of Education shall require, as a condition
24 of accreditation, that school districts provide to all students
physical education programs which may include athletics.

25 B. The Board shall require, as a condition of accreditation,
26 that public elementary schools provide instruction, for students in
27 full-day kindergarten and grades one through five, in physical

1 education or exercise programs for a minimum of an average of sixty
2 (60) minutes each week. The time students participate in recess
3 shall not be counted toward the sixty-minutes-per-week physical
4 education requirement. Schools may exclude from participation in
5 the physical education or exercise programs required in this
6 subsection those students who have been placed into an ~~in-house~~ in-
7 school suspension or detention class or placement or those students
8 who are under an in-school restriction or are subject to an
9 administrative disciplinary action.

10 C. The Board shall require, as a condition of accreditation,
11 that public elementary schools provide to students in full-day
12 kindergarten and grades one through five, in addition to the
13 requirements set forth in subsection B of this section, an average
14 of sixty (60) minutes each week of physical activity, which may
15 include, but not be limited to, physical education, exercise
16 programs, fitness breaks, ~~recess, and~~ classroom activities, and
17 wellness and nutrition education. Each school district board of
18 education shall determine the specific activities and means of
19 compliance with the provisions of this subsection, giving
20 consideration to the recommendations of each school's Healthy and
21 Fit School Advisory Committee as submitted to the school principal
22 pursuant to the provisions of Section 24-100a of this title.

23 D. The Board shall require, as a condition of accreditation,
24 that public elementary schools provide to students in full-day

1 kindergarten and grades one through five, in addition to the
2 requirements of subsections B and C of this section, forty (40)
3 minutes of recess per school day, which may be divided into two
4 recess periods of twenty (20) minutes each. Recess shall consist of
5 supervised, unstructured time for play. No student shall be
6 prohibited from participating in recess as a form of discipline.

7 E. The Board shall disseminate information to each school
8 district on the benefits of physical education programs and shall
9 strongly encourage districts to provide physical education
10 instruction to students in grades six through twelve. The Board
11 shall also strongly encourage school districts to incorporate
12 physical activity into the school day by providing ~~to students in~~
13 ~~full-day kindergarten and grades one through five at least a twenty-~~
14 ~~minute daily recess, which shall be in addition to the sixty (60)~~
15 ~~minutes of physical education as required by subsection B of this~~
16 ~~section, and by allowing~~ all students brief physical activity breaks
17 throughout the day, physical activity clubs, and special events.

18 E. F. Instruction in physical education required ~~in~~ by this
19 section shall be aligned with the subject matter standards as
20 adopted by the Board.

21 F. G. The physical education curriculum shall be sequential,
22 developmentally appropriate, and designed, implemented, and
23 evaluated to enable students to develop the motor and self-
24 management skills and knowledge necessary to participate in physical

1 activity throughout life. Each school district shall establish
2 specific objectives and goals the district intends to accomplish
3 through the physical education curriculum.

4 G. H. In identifying the essential knowledge and skills, the
5 State Board of Education shall ensure that the subject matter
6 standards for physical education:

7 1. Emphasize the knowledge and skills capable of being used
8 during a lifetime of regular physical activity;

9 2. Are consistent with national physical education standards
10 for:

11 a. the information that students should learn about
12 physical activity, and

13 b. the physical activities that students should be able
14 to perform;

15 3. Require that, on a weekly basis, at least fifty percent
16 (50%) of the physical education class be used for actual student
17 physical activity and that the activity be, to the extent
18 practicable, at a moderate or vigorous level;

19 4. Offer students an opportunity to choose among many types of
20 physical activity in which to participate;

21 5. Offer students both cooperative and competitive games;

22 6. Meet the needs of students of all physical ability levels,
23 including students who have a disability, chronic health problem, or
24 other special need that precludes the student from participating in

1 regular physical education instruction but who might be able to
2 participate in physical education that is suitably adapted and, if
3 applicable, included in the student's individualized education
4 program;

5 7. Teach self-management and movement skills;

6 8. Teach cooperation, fair play, and responsible participation
7 in physical activity;

8 9. Promote student participation in physical activity outside
9 of school; and

10 10. Allow physical education classes to be an enjoyable
11 experience for students.

12 H. I. The Board shall adopt promulgate rules to implement the
13 provisions of this section.

14 SECTION 2. This act shall become effective July 1, 2026.

15 SECTION 3. It being immediately necessary for the preservation
16 of the public peace, health, or safety, an emergency is hereby
17 declared to exist, by reason whereof this act shall take effect and
18 be in full force from and after its passage and approval.

20 60-2-2220

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