

SENATE BILL NO. 56

IN THE LEGISLATURE OF THE STATE OF ALASKA

THIRTY-FIRST LEGISLATURE - FIRST SESSION

BY SENATORS COSTELLO, Gray-Jackson

Introduced: 2/13/19

Referred: Education

A BILL

FOR AN ACT ENTITLED

1 **"An Act relating to health education and physical activity requirements for students in**
2 **grades kindergarten through eight; and establishing the Thursday in February**
3 **immediately following Presidents' Day as PLAAY Day."**

4 **BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF ALASKA:**

5 * **Section 1.** AS 14.30.360(c) is amended to read:

6 (c) In addition to the health education program encouraged under (a) of this
7 section, a school district shall establish guidelines for schools in the district to provide
8 opportunities during each full school day for students in grades kindergarten through
9 eight for a minimum of 90 percent of the daily amount of physical activity
10 recommended for children and adolescents in the physical activity guidelines by the
11 Centers for Disease Control and Prevention, United States Department of Health and
12 Human Services. The time provided for physical activity under this subsection **shall**
13 [MAY] include physical education classes and opportunities for unstructured physical
14 activity, such as recess. A school district shall adopt guidelines under this subsection

1 that

2 (1) allow a student to be excused from the physical activity
3 opportunities if the student is unable to participate for a medical reason; and

4 (2) provide an exemption from the physical activity opportunities
5 under this subsection for

6 (A) health and safety reasons, such as inclement weather; and

7 (B) a student who receives school credit for participation in
8 athletics or extracurricular physical activities.

9 * **Sec. 2.** AS 44.12 is amended by adding a new section to read:

10 **Sec. 44.12.107. PLAAY Day.** PLAAY Day is established on the Thursday in
11 February immediately following Presidents' Day each year to encourage and inspire
12 the state's youth to be physically active daily. PLAAY stands for Positive Leadership
13 for Active Alaska Youth. Schools and communities may observe PLAAY Day with 30
14 minutes of synchronized physical activity to be performed by elementary students
15 statewide on the Thursday in February immediately following Presidents' Day, at
16 10:00 a.m., Alaska Standard Time, to help each student get closer to the national
17 recommendation of at least 60 minutes of physical activity a day for the best health.