

# ALASKA STATE LEGISLATURE

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**Senator Mia Costello**  
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## SENATE BILL 56

*“An Act relating to physical activity requirements for students in kindergarten through grade eight.”*

### SPONSOR STATEMENT

Senate Bill 200 strengthens state law to ensure Alaskan students have an opportunity to benefit from physical activity during the school day. Under the bill, school districts would provide at least 90 percent of the recommended exercise time for adolescents by the U.S. Center for Disease Control & Prevention (CDC). School districts would have the flexibility to meet this requirement, equating to 54 minutes, through physical education classes, recess, classroom brain breaks, or a combination of activity types.

Breaks in the school day have been proven to aid information retention and focus. Recess lets students process classroom lessons and allows for an education outside the classroom from their peers. A CDC report reviewed 50 peer-reviewed studies and documented links between physical activity and academic performance, including achievement, behavior, cognitive skills, and attitude. The American Association of Pediatrics has also found that recess, either indoor or outdoor, led to more attentive and productive students, in addition to learning on playgrounds from peers. Various peer-reviewed studies have shown that students who are active in school, do better in school in every way.