

STATE OF ALASKA

THE LEGISLATURE

1988

Source

HCS SCR 58 (HESS)

Legislative Resolve No.

96



Relating to physical education in public schools.

BE IT RESOLVED BY THE LEGISLATURE OF THE STATE OF ALASKA:

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

WHEREAS physical education improves the overall health of children by increasing cardiovascular endurance, muscular strength and power, flexibility, weight control, bone development, posture, and mental alertness; and

WHEREAS physical education improves academic performance, enthusiasm for learning, self-esteem, interpersonal relationships, and responsible behavior; and

WHEREAS children who participate in daily physical education programs tend to be more healthy and physically fit; and

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

WHEREAS the 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 Secretary of Education, in "First Lessons, A Report on Elementary Education in America," has recognized that 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; and

WHEREAS quality daily physical education programs and activities for all children from kindergarten through grade 12 are an

essential part of a comprehensive education;

BE IT RESOLVED by the Alaska State Legislature that municipalities and school districts are encouraged to provide quality daily physical education programs and activities for all children from kindergarten through grade 12.