

**HOUSE CONCURRENT RESOLUTION NO. 28**

IN THE LEGISLATURE OF THE STATE OF ALASKA

TWENTY-SECOND LEGISLATURE - SECOND SESSION

**BY THE HOUSE HEALTH, EDUCATION AND SOCIAL SERVICES COMMITTEE**

**Introduced: 3/1/02**

**Referred: House Special Committee on Education, Health, Education and Social Services**

**A RESOLUTION**

1 **Relating to physical education in public schools.**

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

3 **WHEREAS** physical education is important to the physical development of the  
4 growing child; and

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

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

10 **WHEREAS** children who participate in daily physical education programs tend to be  
11 healthier, more physically fit, and less stressed; and

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

14 **WHEREAS** a quality daily physical education program for all children from  
15 kindergarten through grade 12 is an essential part of a comprehensive education;

16 **BE IT RESOLVED** by the Alaska State Legislature that municipalities and school

1 districts are encouraged to provide a quality daily physical education program for all children  
2 from kindergarten through grade 12.

3 **COPIES** of this resolution shall be sent to each school district in the state.