

Introduced: 3/24/88
Referred: Health, Education and
Social Services

5-2087A

1 IN THE SENATE
2 SENATE CONCURRENT RESOLUTION NO. 58
3 IN THE LEGISLATURE OF THE STATE OF ALASKA
4 FIFTEENTH LEGISLATURE - SECOND SESSION
5 Relating to physical education in public
6 schools.
7 BE IT RESOLVED BY THE LEGISLATURE OF THE STATE OF ALASKA:
8 WHEREAS physical education is essential to the physical development of
9 the growing child; and
10 WHEREAS physical education improves the overall health of children by
11 increasing cardiovascular endurance, muscular strength and power, flexibil-
12 ity, weight control, bone development, posture, and mental alertness; and
13 WHEREAS physical education improves academic performance, enthusiasm
14 for learning, self-esteem, interpersonal relationships, and responsible
15 behavior; and
16 WHEREAS children who participate in daily physical education programs
17 tend to be more healthy and physically fit; and
18 WHEREAS physically fit adults have significantly reduced risk factors
19 for heart attacks and strokes; and
20 WHEREAS the Surgeon General, in "Objectives for the Nation," recom-
21 mends increasing the number of school mandated physical education programs
22 that focus on health-related physical fitness; and
23 WHEREAS the Secretary of Education, in "First Lessons, A Report on
24 Elementary Education in America," has recognized that elementary schools
25 have a special mandate to provide elementary school children with the
26 knowledge, habits, and attitudes that will equip the children for a fit and
27 healthy life; and
28 WHEREAS a quality daily physical education program for all children
29 from kindergarten through grade 12 is an essential part of a comprehensive

1 education;

2 BE IT RESOLVED by the Alaska State Legislature that municipalities and
3 school districts are encouraged to provide a quality daily physical educa-
4 tion program for all children from kindergarten through grade 12.