

Offered: 5/5/88
Referred: Rules

5-2087B

Original sponsor: Health, Education and
Social Services Committee

1 IN THE SENATE
2 HOUSE CS FOR SENATE CONCURRENT RESOLUTION NO. 58 (HESS)
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 quality daily physical education programs and activities for
29 all children from kindergarten through grade 12 are an essential part of a

1 comprehensive education;

2 BE IT RESOLVED by the Alaska State Legislature that municipalities and
3 school districts are encouraged to provide quality daily physical education
4 programs and activities for all children from kindergarten through grade
5 12.