
Education Committee

HB 1188

Brief Description: Requiring physical activity opportunities every school day.

Sponsors: Representatives McCoy, Barlow, Grant, Sells, Roberts, Flannigan, Ormsby, Conway, Santos and Lantz.

Brief Summary of Bill

- Requires schools to provide students with opportunities to engage in physical activity each school day.

Hearing Date: 2/2/07

Staff: Andrew Colvin (786-7304).

Background:

Physical education requirements for the public schools are established by the Office of Superintendent of Public Instruction (OSPI). In grades one through eight, students are to receive an average of one hundred instructional minutes per week each year in physical education (PE).

High schools are required to offer a one credit PE course or its equivalent for each grade in the high school program. Graduation requirements for high school include two credits in health and fitness. The fitness portion of the requirement must be met by course work in fitness education.

Students may be excused from the requirement because of physical disability, employment, religious belief, or participation in directed athletics.

Instruction in physical education has been clarified by the OSPI to include the following:

- instruction provided within the school day by a certified classroom or physical education teacher that involves all students;
- directed physical activity periods, such as periodic exercise breaks, in which all students participate;
- classroom instruction in the concepts related to cardio-respiratory health provided by a classroom teacher;
- classroom instruction in the concepts related to nutritional demands of physical activity;

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- classroom instruction in the concepts related to the components of fitness and lifetime fitness plans;
- classroom instruction related to access to quality and safe fitness related services and resources; and
- recess as normally provided cannot be used to meet the one hundred minute per week requirement, although schools may use designated recess time to provide teacher directed activities;
- participation in directed athletics includes community-based organized athletics.

Summary of Bill:

During instructional hours, all public schools must provide opportunities for a total of at least one hour of physical activity per day. If there are fewer than three instructional hours in a day, then the requirement is thirty minutes. The requirement applies to students in kindergarten through twelfth grade. The opportunities may include recess, but cannot include athletic programs where the activity occurs before or after instructional hours.

Appropriation: None.

Fiscal Note: Not requested.

Effective Date: The bill takes effect 90 days after adjournment of session in which bill is passed.