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ACR-74 California Physical Education Week. (2017-2018)

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Assembly Concurrent Resolution No. 74

CHAPTER 64

Relative to California Physical Education Week.

[Filed with Secretary of State June 06, 2017.]

LEGISLATIVE COUNSEL'S DIGEST

ACR 74, Cristina Garcia. California Physical Education Week.

This measure would proclaim the week of May 1, 2017, to May 7, 2017, inclusive, as California Physical Education Week and would encourage physical education teachers, school administrators responsible for the planning and supervision of physical education, and governing boards of school districts setting policy for physical education to promote the highest quality physical education year round and in future years.

Fiscal Committee: no

WHEREAS, Physical education is the study and the practice of the science and art of human movement; and

WHEREAS, The State Board of Education has adopted the Physical Education Model Content Standards for California Public Schools: Kindergarten Through Grade Twelve, which serve as a foundation for instruction at all grade and course levels; and

WHEREAS, The Physical Education Model Content Standards for California Public Schools represent the essential skills and knowledge that all students need to maintain physically active, healthy lifestyles and incorporate the detail required to guide the development of consistent, high-quality physical education instructional programs aimed at student learning and achievement; and

WHEREAS, The State Board of Education adopted the Physical Education Framework for California Public Schools: Kindergarten Through Grade Twelve, giving guidance to teachers, school administrators, and the governing boards of school districts on the implementation of quality physical education programs; and

WHEREAS, The Physical Education Framework for California Public Schools serves as the blueprint for reform of physical education in California. It is designed to help schools transform their physical education programs into exciting and effective standards-based instructional programs; and

WHEREAS, Large numbers of students in grades 5, 7, and 9 scored below the Healthy Fitness Zone on the 2014–15 Physical Fitness Test; and

WHEREAS, The federal Every Student Succeeds Act seeks to provide students with a well-rounded education, which includes physical education; and

WHEREAS, Under the federal Every Student Succeeds Act, the United States Department of Education provides funding to be used, in part, to implement programs, including nutritional and physical education programs, that support a healthy, active lifestyle; and

WHEREAS, Poor diet and physical inactivity are major contributors to disabilities that result from diabetes, osteoporosis, obesity, and stroke; and

WHEREAS, Seventy-five percent of Americans do not eat enough fruit, more than half do not eat enough vegetables, and 64 percent consume too much saturated fat. The diets of many population subgroups contain too much fat, saturated fat, and calories, but not enough of other important elements such as calcium. Low fruit and vegetable consumption and high saturated fat intake are associated with coronary heart disease, some cancers, and diabetes; and

WHEREAS, The prevalence of obesity is increasing more rapidly among children than among adults; and

WHEREAS, Quality physical education classes where students spend 50 percent of their time engaging in moderate to vigorous physical activity have been shown to improve fitness levels; and

WHEREAS, Quality physical education classes that teach concepts that encourage students to exercise independently, develop their own personal fitness plans, and adhere to those plans will have lifelong benefits for these students; and

WHEREAS, Quality physical education programs have been shown to increase students' cognitive functioning; and

WHEREAS, The State Department of Education has shown a positive correlation between fitness levels and academic performance; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That, in an effort to promote quality physical education that exceeds the minimum requirements, the Legislature proclaims the week of May 1, 2017, to May 7, 2017, inclusive, as California Physical Education Week to coincide with National Physical Education and Sport Week; and be it further

Resolved, That physical education teachers, administrators responsible for the planning and supervision of physical education, and governing boards of school districts setting policy for physical education be encouraged to promote the highest quality physical education year round and in future years; and be it further

Resolved, That the Chief Clerk of the Assembly transmit copies of this resolution to the author for appropriate distribution.