



A Resolution Supporting Importance of Physical Education in Our Schools

Whereas: The mission of the National Parent Teacher Association is to “support and speak on behalf of children and youth in the schools, in the community, and before governmental bodies and other organizations that make decisions affecting children”; and,

Whereas: the Surgeon General’s Report on Physical Activity and Health (1996) says physical inactivity is a serious, nationwide health problem; and

Whereas: physical activity is necessary to support the normal growth in children, and is essential to the continuing health and well being of youth and adults; and

Whereas: physical activity reduces risks at all ages, of heart disease, high blood pressure, and diabetes; and

Whereas: the 60 million school aged children and youth have the potential to acquire the knowledge, skills, and values that can lead to a lifetime of physically active and healthy living; and

Whereas: emphasis should be placed on physical activity, fitness, exercise, and good health; skills of sports, games, dance, and basic movement; and related concepts and knowledge; and

Whereas: where applicable teachers licensed in Physical Education will teach class and classes should contain similar numbers of students as other classrooms; therefore

Be it Resolved: The **Alaska PTA** urges local schools to make a commitment to make regular physical education programs an integral part of our children’s education. Physical Education programs and curriculum should follow the minimum national standards as set forth by the appropriate professional organizations, should be developmentally appropriate, sequential, and cooperative in nature.

Rationale: The young people of Alaska are our most valuable resources, and their health, education and well-being are the most important responsibility of families, teachers and community members. The **Alaska PTA** believes that physical activity and exercise are essential for good health and must be encouraged during the developmental years of students. The **Alaska PTA** also believes that a comprehensive program of physical education should be provided daily in grades pre-K through 12 in or on facilities designed for that purpose. The National

Association for Sport and Physical Education, which has set national standard for PE, recommends a minimum of 30 minutes to 60 minutes of daily physical activity for elementary school children and at least 45 minutes a day for middle and high school students. Alaskans love sports because they provide a path to fun, fitness and health. Without healthy bodies, young people cannot take full advantage of their educational opportunities.

Submitted by Aurora PTA, Elmendorf AFB
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