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**SUBSTITUTE HOUSE BILL 3043**

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**State of Washington**

**58th Legislature**

**2004 Regular Session**

**By** House Committee on Education (originally sponsored by Representatives Tom, Quall, Bailey, Lantz, McDermott, Anderson, Chase, Morrell and Kenney)

READ FIRST TIME 02/06/04.

1 AN ACT Relating to promoting physical fitness in middle school;  
2 adding a new section to chapter 28A.230 RCW; and creating a new  
3 section.

4 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF WASHINGTON:

5 NEW SECTION. **Sec. 1.** The legislature finds that the number of  
6 overweight children has more than doubled in the past twenty years and  
7 that childhood obesity creates risks for significant health problems  
8 including type-two diabetes, sleep apnea, orthopedic problems, liver  
9 disease, and asthma. The legislature acknowledges that many young  
10 people are not physically active on a regular basis and that physical  
11 activity declines dramatically during adolescence. The legislature  
12 also finds that overweight adolescents have a seventy percent chance of  
13 becoming overweight or obese adults creating additional risks of high  
14 blood pressure, heart disease, and stroke.

15 The legislature recognizes that exercise is an essential component  
16 of good health and that teaching children the importance of physical  
17 fitness and proper nutrition is vital to improving the health of  
18 today's youth. The legislature also recognizes that in addition to  
19 health benefits, students can experience greater self-esteem,

1 confidence, and discipline, often leading to greater academic  
2 achievement as well. The legislature intends to establish within the  
3 common school curriculum a requirement for physical education and  
4 fitness instruction and policies most likely to be effective in helping  
5 today's youth adopt and maintain a physically active lifestyle.

6 NEW SECTION. **Sec. 2.** A new section is added to chapter 28A.230  
7 RCW to read as follows:

8 (1) The definitions in this section apply throughout this section  
9 unless the context clearly requires otherwise:

10 (a) "Elementary school" means a school serving three or more of the  
11 grades kindergarten through six.

12 (b) "High school" means a school serving two or more of the grades  
13 nine through twelve and from which a student may graduate and earn a  
14 high school diploma.

15 (c) "Middle school" means a school other than a high school or an  
16 elementary school and serving two or more of the grades five through  
17 nine.

18 (d) "Physical education and fitness curriculum" means a daily  
19 period of physical activity, a minimum of twenty minutes of which is  
20 aerobic activity in the student's target heart rate zone, and which  
21 includes instruction and practice in basic movement and fine motor  
22 skills, progressive physical fitness, athletic conditioning, and  
23 nutrition and wellness instruction through age-appropriate activities  
24 designed to:

- 25 (i) Expose students to a wide variety of physical activities;  
26 (ii) Teach skills to help maintain lifetime health and fitness;  
27 (iii) Encourage self-monitoring so students can see how active they  
28 are and set their own goals;  
29 (iv) Allow students to individualize the intensity of activities;  
30 (v) Teach students to focus on their own best efforts; and  
31 (vi) Foster social development and positive peer interaction.

32 (2) By September 1, 2006, within existing resources, each school  
33 district board of directors must adopt or amend as necessary a physical  
34 education and fitness curriculum for all middle school students. If  
35 there is no middle school within a district's schools, this requirement  
36 applies to students in grades six through eight. The curriculum  
37 required under this section must provide for students to be excused on

1 account of physical disability or religious belief. In order to  
2 accommodate a schedule of rotating classes or other scheduling needs,  
3 a school district's curriculum may provide for a limited degree of  
4 flexibility in meeting the daily requirements for physical activity and  
5 aerobic activity, so long as the total number of minutes of aerobic  
6 activity each week is equal to or greater than twenty minutes per day.  
7 School districts are encouraged to develop a physical education and  
8 fitness curriculum for students at the elementary and high school  
9 level, and to articulate the instruction across the grades.

10 (3) The superintendent of public instruction is encouraged to  
11 facilitate the sharing of best practices between districts and to  
12 facilitate the dissemination of information and resources that may  
13 assist districts in developing their curricula.

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