
HOUSE BILL 3247

State of Washington 60th Legislature 2008 Regular Session

By Representatives Quall, Dunshee, Chase, Dunn, Roberts, and Santos

Read first time 01/25/08. Referred to Committee on Education.

1 AN ACT Relating to providing recess time for children in grades
2 kindergarten through six; adding a new section to chapter 28A.230 RCW;
3 creating a new section; and providing an effective date.

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

5 NEW SECTION. **Sec. 1.** (1) The legislature finds that:

6 (a) The number of overweight children in the United States has
7 doubled in the last two to three decades, totaling approximately one
8 hundred fifty-five million overweight and obese children and teens.
9 Seventy percent of overweight children become overweight adults;

10 (b) Obese children have a higher risk of developing serious health
11 problems, including but not limited to high blood pressure, high
12 cholesterol, eventual heart disease, sleep apnea, liver disease, and
13 asthma;

14 (c) Studies have found that physical activity is an integral part
15 of avoiding obesity. One such study found that for every weekday an
16 adolescent participated in a physical education class, the odds of
17 becoming an obese adult decreased by five percent; and

18 (d) Recess is often criticized for taking time away from academic
19 schoolwork and leading to injuries that result in lawsuits against

1 school districts. However, research shows that a break for physical
2 activity increases the mental stimulation and focus of students after
3 they return to their schoolwork. In addition, it has been found that,
4 without recess, any time saved for schoolwork is canceled by increased
5 restlessness and lack of attention among students.

6 (2) Therefore, the purposes of this act are to:

7 (a) Ensure the opportunity for healthy physical activity for
8 elementary school children in order to lessen the chances of adolescent
9 and adult obesity; and

10 (b) Establish an appreciation for lifelong physical fitness and
11 activity among elementary school children.

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

14 (1) Without exception, all public schools shall provide at least
15 fifteen minutes of uninterrupted recess each school day for students in
16 grades kindergarten through six.

17 (2) For the purposes of this section, "recess" means a time period
18 during which students are not obligated to remain in the regular
19 classroom and opportunities for physical activity are provided.

20 NEW SECTION. **Sec. 3.** This act takes effect September 1, 2008.

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