

ELK GROVE UNIFIED SCHOOL DISTRICT
ELK GROVE, CALIFORNIA

RESOLUTION NO. 64, 2020-2021

**ESTABLISHMENT OF
PHYSICAL FITNESS AND SPORTS MONTH**

WHEREAS, childhood obesity has reached epidemic proportions in the United States, and California has an obesity rate of 17.1% of children age 10-17; and

WHEREAS, today's childhood obesity rates are putting our children on course to be the first generation in this country to live shorter and less healthy lives than their parents; and

WHEREAS, prior to the pandemic, children spent many of their waking hours at school and participated in physical activity during the school day to meet the recommendations of the Physical Activity Guidelines for Americans; and

WHEREAS, the U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily; and

WHEREAS, California EC Section 51210[a][7]) requires all students in grades 1-6 to participate in at least 200 minutes every ten days of health, safety, and physical education and 400 minutes for grades 7-12; and

WHEREAS, research shows that physically active children are more likely to thrive academically and have improved behavior in school; and

WHEREAS, schools can promote physical activity through comprehensive school physical activity programs, including recess, classroom-based physical activity, intramural physical activity clubs, interscholastic sports, and physical education; and

WHEREAS, participation in sports teams and physical activity clubs, can improve grade point average, school attachment, educational aspirations, and the likelihood of graduation; and

WHEREAS, higher physical fitness achievement is associated with better school attendance rates and fewer disciplinary incidents involving drugs, alcohol, violence, or truancy;

WHEREAS, the Elk Grove Unified School District strongly supports efforts to increase physical education, physical activity, and participation in youth sports, and recognizes the month of May as National Physical Fitness and Sports Month;

THEREFORE, BE IT RESOLVED, that the Governing Board of the Elk Grove Unified School District designates May as Physical Fitness and Sports Month and recognizes the central role of physical education and sports in creating a healthy lifestyle for all children in the Elk Grove Unified School District; and

BE IT FURTHER RESOLVED that this resolution be distributed to every school in the District.

Christopher R. Hoffman
Secretary to the Board of Education