

DAILY PHYSICAL FITNESS

- WHEREAS, One of the PTA objectives is to develop united efforts among educators and the general public to secure for all children and youth the highest advantages in physical, mental, social, and spiritual education; and
- WHEREAS, Movement and fitness concepts and daily aerobic activities are often neglected in elementary school and secondary students do not generally take more than the required 1/2 credit per year; and
- WHEREAS, The proportion of overweight children has increased over 50 percent during the past 10 years, 17 percent of children ages 2 to 19 are overweight, and the number of at-risk children in Utah is continually on the rise; and
- WHEREAS, Adult diseases such as hardening of the arteries, hypertension, diabetes, glucose intolerance, sleep-associated breathing disorders, and iron deficiency are now being observed in overweight children; and
- WHEREAS, Physical education helps improve a child's mental alertness, academic performance, and readiness to learn in addition to physical health benefits; and
- WHEREAS, PTA units can help by encouraging their schools to fully implement School Wellness Policies and provide daily physical education programs; now, therefore, be it
- Resolved, That Utah PTA support the core curriculum, including concepts of cardiovascular fitness, strength, flexibility, endurance, weight control, and nutrition, with recommendations for 30 minutes daily or 150 minutes weekly of structured physical education instruction and activity using core curriculum concepts in the elementary grades; and be it further
- Resolved, That Utah PTA encourage local school districts to hire enough P.E. specialists to allow every elementary school in Utah access to a specialist at least once weekly, and promote statewide funding for the hiring of said specialists; and be it further
- Resolved, That Utah PTA encourage the USOE to offer additional in-service training for elementary teachers on core curriculum concepts, teaching resources, and fitness incentive programs including Gold Medal Schools, and share successful ways to incorporate physical activity into all academic subjects; and be it further
- Resolved, That Utah PTA encourage secondary students to be educated concerning the necessity of year-round vigorous movement and fitness courses, and that secondary administrators explore ways to provide effective year-round options with class sizes conducive to learning; and be it further
- Resolved, That Utah PTA educate parents, teachers, and the general public concerning the direct relationship between daily physical activity and improved academic achievement, in addition to obvious health benefits; and be it further

Resolved, That Utah PTA support additional opportunities for physical activities during recess, encourage parents and community youth organizations to engage children in physical activities at home and in the community, and encourage parents to set a positive example by making physical activity part of their personal and family's daily routine.

(Documentation for the Whereas statements can be found at www.utahpta.org/health.htm)