

FIRST REGULAR SESSION
HOUSE COMMITTEE SUBSTITUTE FOR
HOUSE BILL NO. 509
95TH GENERAL ASSEMBLY

1506L.03C

D. ADAM CRUMBLISS, Chief Clerk

AN ACT

To amend chapter 167, RSMo, by adding thereto one new section relating to physical education.

Be it enacted by the General Assembly of the state of Missouri, as follows:

Section A. Chapter 167, RSMo, is amended by adding thereto one new section, to be
2 known as section 167.720, to read as follows:

**167.720. 1. All school districts shall comply with the requirements of this section
2 by July 1, 2011.**

**3 2. As used in this section, unless the context otherwise requires, the following terms
4 mean:**

**5 (1) "Moderate physical activity", low to medium impact physical exertion that
6 causes an individual's heart rate to rise to fifty to seventy-five percent of his or her
7 maximum heart rate. Maximum heart rate is roughly calculated as 220 minus a person's
8 age;**

**9 (2) "Physical education", instruction in healthy active living by a teacher certified
10 to teach physical education, structured in such a way that it is a regularly scheduled class
11 for students;**

**12 (3) "Recess", a structured play environment, outside of regular classroom
13 instructional activities, where students are allowed to engage in supervised safe, active free
14 play. This does not count as physical education.**

15 3. The required elements of physical education shall be as follows:

**16 (1) Every student in kindergarten through eighth grade shall participate in daily
17 physical education for the entire school year, including students with disabling conditions
18 and those in alternative education programs. Students in the elementary schools shall
19 participate in physical education for at least one hundred fifty minutes during each school**

EXPLANATION — Matter enclosed in bold-faced brackets [thus] in the above bill is not enacted and is intended to be omitted from the law. Matter in **bold-face** type in the above bill is proposed language.

20 week, with an average of thirty minutes per day, and students in middle schools shall
21 participate for at least two hundred twenty-five minutes per school week;

22 (2) A minimum of one recess period of twenty minutes per day shall be provided
23 for children in elementary schools;

24 (3) Schools shall establish specific learning goals and objectives for physical
25 education. A sequential, developmentally appropriate curriculum shall be designed,
26 implemented, and evaluated to help students develop the knowledge, motor skills,
27 self-management skills, attitudes, and confidence needed to adopt and maintain physical
28 activity throughout their lives. The physical activity program shall:

29 (a) Emphasize knowledge and skills for a lifetime of regular physical activity;

30 (b) Be consistent with the show-me standards and grade level expectations for
31 physical education that define what students should know and be able to do;

32 (c) Devote at least fifty percent of class time to moderate physical activity in each
33 week;

34 (d) Provide many different physical activity choices;

35 (e) Feature predominantly fitness-based activities;

36 (f) Meet the needs of all students, especially those who are not athletically gifted;

37 (g) Teach healthy active living skills;

38 (h) Actively teach cooperation, fair play, and responsible participation in physical
39 activity;

40 (i) Have student/teacher ratios comparable to department of elementary and
41 secondary education physical education ratios to ensure safety and to devote adequate
42 attention to each student; and

43 (j) Promote participation in physical activity outside of school.

44 (4) All students shall be regularly assessed at the local level for attainment of
45 physical education learning objectives;

46 (5) Health-related fitness testing shall be integrated into the curriculum as an
47 instructional tool. Tests shall be appropriate to students' developmental levels and
48 physical abilities. Such testing shall be used to teach students how to assess their fitness
49 levels, set goals for improvement, and monitor progress in reaching their goals. In the first
50 through eighth grades, all students shall be assessed on their physical fitness proficiency
51 using the state's physical fitness assessment. Results shall be reported to the department
52 in the June reporting cycle for core data.

53 4. Exemptions for physical education courses shall not be permitted on the basis
54 of participation on an athletic team, community recreation program, ROTC, marching
55 band, or other school or community activity.

56 **5. Physical education shall be taught by teachers certified by the state to teach**
57 **physical education. All physical education teachers shall be adequately prepared and**
58 **regularly participate in professional development activities to deliver the physical**
59 **education program effectively.**

60 **6. School leaders shall ensure the cost-efficient provision of adequate spaces,**
61 **facilities, equipment, supplies, and operational budgets that are necessary to achieve the**
62 **objectives of the physical education program.**

63 **7. The physical education program shall be closely coordinated with other**
64 **components of the overall school health program, local wellness policy, and the health**
65 **education and physical education grade level expectations.**

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