

House _____ Amendment NO. _____

Offered By _____

1 AMEND House Committee Substitute for House Bill No. 2748, Page 1, Section 167.720, Lines
2 2-5, by deleting all of said lines and inserting in lieu thereof the following:

3
4 "(1) "Bilateral coordination", the coordinated use of both sides of the human body,
5 including, but not limited to, crossing the mid-line, and symmetrical, asymmetrical, reciprocal,
6 and sequential movements;

7 (2) "Bone-strengthening activity", physical activity that is primarily designed to increase
8 the strength of specific sites in bones that make up the skeletal system. Bone-strengthening
9 activity produces an impact or tension force on the bones that promotes bone growth and
10 strength;

11 (3) "Moderate physical activity", low- to medium-impact physical exertion designed to
12 increase an individual's heart rate to rise to at least seventy-five percent of his or her maximum
13 heart rate. Activities in this category may include, but are not limited to, running, calisthenics,
14 aerobic exercise, etc.;

15 (4) "Muscle-strengthening activity", physical activity and exercise that increases skeletal
16 muscle strength, power, endurance, and mass;"; and

17
18 Further amend said bill, page, and section, by renumbering all subsequent subdivisions
19 accordingly; and

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21 Further amend said bill, page, and section, Line 14, by deleting the numbers "2026-27" and
22 inserting in lieu thereof the numbers "2027-28"; and

23
24 Further amend said bill, page, and section, Line 16, by deleting all of said line and inserting in
25 lieu thereof the following:

26
27 "participate in supervised [moderate] physical activity for the"; and

28
29 Further amend said bill and section, Page 2, Line 20, by deleting the word "thirty" and inserting
30 in lieu thereof the words "[thirty] forty"; and

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32 Further amend said bill, page, and section, Line 23, by inserting after the word "minutes." the
33 following:

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35 "Such physical activity shall include muscle-strengthening and bone-strengthening activity for
36 no less than an average of eighty minutes per school week for each activity. Such physical

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1 activity shall include bilateral coordination, which prioritizes core, balance, and mobility, to the
2 greatest extent possible and shall be conducted on no less than a weekly basis."; and
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4 Further amend said bill, page, and section, Line 28, by inserting after the word "minutes." the
5 following:
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7 "Such physical activity shall include muscle-strengthening and bone-strengthening activity for
8 no less than an average of one hundred twenty minutes per school week for each activity. Such
9 physical activity shall include bilateral coordination, which prioritizes core, balance, and
10 mobility, to the greatest extent possible and shall be conducted on no less than a weekly basis.";
11 and
12

13 Further amend said bill, page, and section, Line 29, by deleting all of said line and inserting in
14 lieu thereof the following:
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16 "(d) Students with disabilities shall participate in [~~moderate~~] physical activity as
17 prescribed in this subdivision to the"; and
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19 Further amend said bill, page, and section, Lines 43-49, by deleting all of said lines and inserting
20 in lieu thereof the following:
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22 "3. For the purpose of determining whether a student has satisfactorily completed a full
23 course of study each academic year, a school district may elect to designate the time required for
24 physical activity per day, as prescribed in paragraphs (b) and (c) of subdivision (1) of subsection
25 2 of this section, not to exceed ten minutes per day for any one course, subject, or class, toward
26 the completion of the student's school term, as that term is defined in section 160.011.
27

28 "4. Each school district and charter school governing board shall adopt a written policy
29 for daily physical activity of students. Such policy shall, at a minimum, include the requirements
30 in subdivision (1) of subsection 2 of this section."; and
31

32 Further amend said bill by amending the title, enacting clause, and intersectional references
accordingly.