



THE PRINCE GEORGE'S COUNTY GOVERNMENT

(301) 952-3700
County Council

POSITION STATEMENT

SB 542

Senator Ron Young

Public School Students – Daily Physical Activity
(Student Health and Fitness Act)

POSITION:

SUPPORT

SB 542 – Public School Students – Daily Physical Activity (Student Health and Fitness Act) – FOR the purpose of requiring physical education to be given in a certain manner to prekindergarten students; adding a certain representative to the Advisory Council on Health and Physical Education; providing as a goal of the State that each student in a public elementary school be provided a certain minimum level of a program of physical activity each week; etc.

As the legislation aptly describes, there is a growing body of evidence to suggest that increasing student opportunities for physical activity throughout their day can lead to an improvement in test scores and overall academic achievement.

Under current law, every public school must have a program of physical education that is given in a planned and sequential manner to all students in order to develop their good health and physical fitness and improve their motor coordination and physical skills. The specific curriculum and course of study is set by each local board of education. Maryland regulations require a physical education comprehensive program to provide a developmentally appropriate instructional program that advances student knowledge, confidence, skills, and motivation to enjoy a lifetime of healthful physical activity.

This bill requires that each public elementary school in the state of Maryland shall create and designate a physical activity leadership team to coordinate efforts to increase physical activity within schools.

The County Council supports this important piece of legislation and supports the sponsor's commitment to the health and wellness of our student body population not only in Prince George's County, but statewide. Consistent physical activity offers numerous health benefits for individuals both young and old, and the County Council believes supporting initiatives such as this is an important step forward in supporting the overall health of our citizens and our community.

For the foregoing reasons, the Prince George's County Council SUPPORTS SENATE BILL 542 and respectfully requests your favorable consideration of its position.

Prepared by: Evans & Associates
On behalf of Prince George's County Council

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