THE IMPORTANCE OF PHYSICAL EDUCATION IN OUR SCHOOLS

Whereas, The Surgeon General’s Call to Action to Prevent and Decrease Overweight and Obesity (2001) says physical inactivity is a serious, nationwide epidemic; and

Whereas, Physical education classes in American schools, during the past 30 years, have declined in importance and availability. During the same period, technology, behavior, and nutritional habits have changed to allow a less active, more sedentary lifestyle. A direct result from these changes is that the frequency of obesity (as defined by the U.S. Department of Health and Human Services and the Centers for Disease Control and Prevention) in American elementary and secondary school-age children has increased from 14 percent to more than 25 percent; and

Whereas, Physical activity at all ages reduces risks of heart disease, high blood pressure, and diabetes. The 60 million school-age children and youth have the potential to acquire the knowledge, skills, and values that can lead to a life of physically active and healthy living; and

Whereas, The U.S. Surgeon General, Department of Health and Human Services, Centers for Disease Control and Prevention, and the National Association for Sport and Physical Education recommend a minimum of 30 minutes of physical education, by accredited professional instructors, every school day for every elementary and secondary school student; and

Whereas, Both the U.S. Senate and House of Representatives have acknowledged these trends and propose to reverse them; therefore be it

Resolved, That physical education programs and curricula should follow the minimum national standards as set forth by the President’s Council on Physical Fitness and Sports, and should be developmentally appropriate, sequential, and cooperative in nature; and be it further

Resolved, That National PTA and its constituent organizations urge Congress to continue to provide funding for physical education programs; and be it further

Resolved, That National PTA urges PTAs to support daily physical education programs as an integral part of children’s education.

Adopted: by the 2003 Convention Delegates