

LEGISLATURE OF NEBRASKA  
NINETY-NINTH LEGISLATURE  
FIRST SESSION

**LEGISLATIVE BILL 681**

Introduced by Schimek, 27; Combs, 32; Stuthman, 22

Read first time January 19, 2005

Committee: Education

A BILL

- 1 FOR AN ACT relating to education; to adopt the Physical Education
- 2 in Schools Act.
- 3 Be it enacted by the people of the State of Nebraska,

1                   Section 1.     Sections 1 to 4 of this act shall be known  
2 and may be cited as the Physical Education in Schools Act.

3                   Sec. 2.     For purposes of the Physical Education in  
4 Schools Act:

5                   (1) Physical education program means:

6                   (a) Instructional periods totaling one hundred fifty  
7 minutes per week for those students in grades kindergarten through  
8 six, and two hundred twenty-five minutes per week for those  
9 students in seventh and eighth grade;

10                  (b) Emphasizing knowledge and skills for a lifetime of  
11 physical activity;

12                  (c) Devoting at least fifty percent of class time to  
13 actual physical activity each week;

14                  (d) Providing many different physical activity choices;

15                  (e) Featuring cooperative as well as competitive games;

16                  (f) Providing fitness education and assessments to help  
17 children understand, improve, or maintain their physical well-  
18 being;

19                  (g) Meeting the needs of all students;

20                  (h) Taking into account gender and cultural differences  
21 in students' interests;

22                  (i) Teaching self-management skills as well as movement  
23 skills;

24                  (j) Actively teaching cooperation, fair play, and  
25 responsible participation in physical activity; and

26                  (k) Instruction given by a Nebraska certified teacher who  
27 is endorsed in physical education.

28                  (2) School district has the same meaning as in section

1 79-101.

2 Sec. 3. (1) The Legislature finds and declares that:

3 (a) One in every three Nebraska students in grades  
4 kindergarten through twelve is either overweight or at risk of  
5 becoming overweight;

6 (b) More than three in every four Nebraska students do  
7 not engage in sufficient levels of both moderate physical activity  
8 and vigorous physical activity;

9 (c) Overweight and obese individuals are at an increased  
10 risk for both physical and emotional disorders; and

11 (d) Physical activity offers young people many health  
12 benefits, including improving aerobic endurance and muscular  
13 strength, helping to control weight, helping to build lean muscle  
14 and reduce fat, and helping to build greater bone mass which  
15 prevents against osteoporosis in adulthood and prevents or reduces  
16 high blood pressure.

17 (2) It is the intent of the Legislature to require every  
18 student in grades kindergarten through eight, including students  
19 with disabling conditions and those in alternative education  
20 programs, to participate in a daily physical education program for  
21 the entire school year.

22 Sec. 4. On or before July 1, 2007, each school district  
23 shall adopt a policy in accordance with the Physical Education in  
24 Schools Act, and all schools in Nebraska shall be in full  
25 compliance with the act not later than July 1, 2008.