



FADSS

Florida Association of
District School
Superintendents

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August 6, 2007

MEMORANDUM

TO: District School Superintendents

FROM: William J. Montford, III
Chief Executive Officer

SUBJECT: HB 967

As a member of the Governor's Council for Physical Fitness, I am pleased to join the Florida Department of Education (Coordinated School Health and Food & Nutrition Management programs), Florida Department of Health, the American Heart Association and Florida Action for Healthy Kids Partnership to commend Governor Crist and the Florida Legislature for its passage of HB 967, which requires 150 minutes of physical education per week in grades K-5.

This law will not only improve children's health, but it also will supplement efforts to improve academics. Studies have shown that increasing PE time does not negatively impact academics (supported by research by D.P. Coe and Associates, which appears in the article, "Effect of Physical Education and Activity Levels on Academic Achievement in Children," in *Medicine & Science in Sports & Exercise*, 38, 1515-1519).

In addition, children who participate in daily physical activity exhibit:

- ◆ Better attendance
- ◆ A more positive attitude toward school
- ◆ Less disruptive behavior
- ◆ Higher self esteem
- ◆ Greater academic performance (*Jensen, 1998*)

HB 967 defines physical education as "the development and maintenance of skills related to strength, agility, flexibility, movement, and stamina, including dance; the development of knowledge and skills regarding teamwork and fair play; the development of knowledge and skills

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