



**Adoption Resolution
May 6, 2020**

State of New Jersey
STATE BOARD OF EDUCATION

Resolution to Recognize May 2020 as Physical Fitness and Sport Month

Whereas, childhood obesity has reached epidemic proportions in the United States and New Jersey has the highest obesity rate in the nation among low-income children; and

Whereas, today's childhood obesity rates are putting our children on course to be the first generation in this country to live shorter and less healthy lives than their parents; and

Whereas, children spend many of their waking hours at school and therefore need to be active during the school day to meet the recommendations of the Physical Activity Guidelines for Americans; and

Whereas, the U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily; and

Whereas, N.J.S.A.18A:35-7 and 8 require all students in grades 1-12 to participate in at least 150 minutes per week of health, safety and physical education; and

Whereas, research shows that physically active children are more likely to thrive academically and have improved behavior in school; and

Whereas, schools can promote physical activity through comprehensive school physical activity programs, including recess, classroom-based physical activity, intramural physical activity clubs, interscholastic sports, and physical education; and

Whereas, participation in sports teams and physical activity clubs, can improve grade point average, school attachment, educational aspirations and the likelihood of graduation; and

Whereas, higher physical fitness achievement is associated with better school attendance rates and fewer disciplinary incidents involving drugs, alcohol, violence or truancy;

Whereas, the New Jersey State Board of Education strongly supports efforts to increase physical education, physical activity and participation in youth sports, recognizes the month of May as National Physical Fitness and Sport Month; now therefore be it

Resolved, that the New Jersey State Board of Education designates the week of May 1-7, 2020, as National Physical Education and Sport Week and recognizes National Physical Education Fitness and Sport Month and the central role of physical education and sports in creating a healthy lifestyle for all children in the State of New Jersey.

Lamont O. Repollet, Ed.D., Commissioner
Secretary, N.J. State Board of Education

Kathy Goldenberg, President
N.J. State Board of Education