

 <b>KENTUCKY YMCA YOUTH ASSOCIATION KENTUCKY YOUTH ASSEMBLY Commonwealth Bill</b>	<b>Blue   CW 13</b>						
	<b>Referred to Committee: Senate 3</b>						
<b>Authors:</b> Brynna Bennett, Colin Butler, Kimberly Popham, Anna Wilson	<b>Action on the Bill</b>						
<b>School:</b> David T. Wilson							
<b>City:</b> Brandenburg							
	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;"><b>House</b></td> <td style="width: 50%; text-align: center;"><b>Senate</b></td> </tr> <tr> <td style="text-align: center;">___ <input type="checkbox"/> Passed</td> <td style="text-align: center;">___ <input type="checkbox"/> Passed</td> </tr> <tr> <td style="text-align: center;">___ <input type="checkbox"/> Defeated</td> <td style="text-align: center;">___ <input type="checkbox"/> Defeated</td> </tr> </table>	<b>House</b>	<b>Senate</b>	___ <input type="checkbox"/> Passed	___ <input type="checkbox"/> Passed	___ <input type="checkbox"/> Defeated	___ <input type="checkbox"/> Defeated
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1           An act to require all students in elementary public schools to have recess everyday at school.  
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3                           **Be it enacted by the Youth Assembly of the Commonwealth of Kentucky**  
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5 Section 1: Currently, in Kentucky, there is no law requiring students to have recess during the school  
6 day. In Kentucky, about 40% of children are obese and do not get enough physical activity. This bill will  
7 help decrease the number of obese children by helping them become more active during the school day,  
8 while also allowing students to work on their socialization skills. Furthermore, physical activity  
9 supports the cognitive development as well as social and emotional learning that takes place while  
10 having unstructured free time to play. Requiring students to participate in activities during recess will  
11 help decrease behavioral issues that occur during the school day.  
12

13 Section 2: In order for the children of Kentucky to become healthier, we need to get them moving.  
14 Kentucky students are becoming less active and less social while at school because they do not get  
15 enough time for physical activity or socialization during the school day. If students are required to be  
16 more active during school then their overall health will begin to improve. Students will also begin to  
17 socialize with others more if they were given the opportunity.  
18

19 Section 3: Due to increased academic requirements, students do not have time to release some of the  
20 built up energy they have during the regular school day, so classroom behavior becomes an issue. The  
21 number of behavioral issues are on the incline during the school day. If students were allowed to  
22 release some of the energy, these issues would decline.  
23

24 Section 4: Schools will be required to incorporate 15-20 minutes of "free recess" during the school day.  
25 Principles and school councils will ensure that the recess is added to the curriculum in addition to PE.  
26 Principals will create a schedule that includes daily recess for every student.  
27

28 Section 5: This bill will not require additional money, but it will include finding time to implement the  
29 "free recess."  
30

31 Section 6: Upon passage, the bill will go into effect during the next school year, to provide time for  
32 principals and teachers to implement the new schedule.