

	KENTUCKY YMCA YOUTH ASSOCIATION KENTUCKY YOUTH ASSEMBLY Premiere Bill	Blue Bill # SBP 05						
		Referred to Committee: Senate 1						
Authors: Kylie Crowe, Brooklyn Johnson, Morrigan Hansen, Kaitlyn Buttrey		Action on the Bill <table> <tr> <td>House</td> <td>Senate</td> </tr> <tr> <td><input type="checkbox"/> Passed</td> <td><input type="checkbox"/> Passed</td> </tr> <tr> <td><input type="checkbox"/> Defeated</td> <td><input type="checkbox"/> Defeated</td> </tr> </table>	House	Senate	<input type="checkbox"/> Passed	<input type="checkbox"/> Passed	<input type="checkbox"/> Defeated	<input type="checkbox"/> Defeated
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School: Clark Middle School								
City: Winchester								

1 An act to require that all middle schools in Kentucky provide students with at least 15 minutes of regularly
2 scheduled physical activity a day.
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4 **Be it enacted by the Youth Assembly of the Commonwealth of Kentucky**

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6 Section 1: This bill will ensure that all middle school students in Kentucky receive at least 15 minutes of
7 regularly scheduled physical activity a day. Regularly scheduled means that the physical activity will occur as
8 a typical part of the instructional day and will not be included within content classes.
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10 Section 2: According to Scholastic Magazine, research shows that when children have a physical activity
11 break, they gain the following benefits:

- 12
13 - Are less fidgety and more on task
14 - Have improved memory and more focused attention
15 - Develop more brain connections
16 - Exercise leadership and learn to resolve conflict through active games
17 - Increase social skills through interaction with peers
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19 Section 3: This bill will only affect publicly funded schools and, therefore, will not affect private schools.
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21 Section 4: Every school affected by this bill, will be required to submit a master schedule to the Kentucky
22 Board of Education that shows where and when the regularly scheduled physical activity will occur.
23

24 Section 5: Upon passage, this bill would become a law on August 1, 2014.