



Kentucky SHAPE Position Statement Opposing SB 68:
Physical Education and Physical Activity Reporting

March 2025

Kentucky SHAPE (Society of Health and Physical Educators) **strongly opposes** Senate Bill 68 due to its potential negative impact on student health and well-being. The bill proposes amendments to existing education statutes, notably removing the requirement for schools to report on students' physical activity (amending KRS 160.345) and participation in breakfast programs (amending KRS 157.065). These reporting requirements are essential for monitoring and promoting student health at the local level, and their removal would undermine efforts to improve physical activity and nutrition in schools.

The Kentucky Legislature recently passed resolutions under the “Make Kentucky Healthy Again” initiative to enhance physical activity and nutrition as a strategy to prevent chronic disease and improve overall health. Senate Bill 68 contradicts these efforts by further devaluing student health and wellness. Kentucky already ranks among the lowest in the nation regarding physical education requirements and policies. Weakening accountability for physical activity and school nutrition will only widen this gap, leading to increased rates of obesity, chronic disease, and poor academic outcomes. The Kentucky Legislature should be improving local assessment and reporting efforts by requiring schools to invest in improvement plans for physical education and physical activity for the current reporting process.

Eliminating the physical activity reporting requirement could lead to decreased emphasis on physical education, limiting students' opportunities for regular exercise. Research consistently shows that physical activity is essential for preventing childhood obesity, enhancing mental health, and improving academic performance. Similarly, removing the mandate to report on breakfast program participation could hinder efforts to ensure students have access to nutritious meals, which are critical for cognitive function, focus, and classroom success.

By opposing SB 68, Kentucky SHAPE advocates for continued accountability in promoting student health. Instead of reducing reporting requirements, Kentucky should strengthen policies that support physical education, activity, and nutrition to align with the state's broader health initiatives. Investing in student wellness today will lead to healthier communities and a stronger future for Kentucky.

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Recommendation for Improving Senate Bill 68

To better align with national best practices and improve student health outcomes, Senate Bill 68 should strengthen both the findings and recommendations sections by incorporating comprehensive assessments of physical education and physical activity in schools. Specifically, the bill should require that:

1. **Physical Education and Physical Activity Assessments:** All schools should conduct a formal assessment of their physical education (PE) and physical activity (PA) programs, which should be overseen by the District Assessment Coordinator rather than the Food Service Director to ensure a focus on educational and instructional quality. These assessments should include:
 - The total number of instructional minutes dedicated to physical education per week. The **Centers for Disease Control and Prevention (CDC) and SHAPE America** recommend **150 minutes per week of PE for elementary students and 225 minutes per week for middle and high school students.**
 - The total amount of recess time provided to students. **The CDC and the American Academy of Pediatrics recommend at least 20 minutes of recess per day** for all elementary students, separate from PE classes.
 - Additional physical activity opportunities, such as before- and after-school programs, classroom movement breaks, and school-wide physical activity initiatives (e.g., walking programs, active transportation initiatives).
2. **Data-Driven Recommendations for School Improvement Plans:** The findings from these assessments should be integrated into district and school improvement plans to ensure that physical education and activity are prioritized as essential components of student success. To support this:
 - School districts should use assessment data to set measurable goals for improving PE and PA offerings.
 - Schools should ensure PE and PA programs align with evidence-based standards, such as the Kentucky Academic Standards, **SHAPE America's National Standards for K-12 Physical Education**, which emphasize skill development, physical literacy, and lifelong fitness habits.
 - Districts should identify strategies to **increase access to equitable and high-quality physical education**, especially in underserved communities where opportunities for physical activity may be limited.



3. **Accountability and Transparency:** The state should ensure public transparency by requiring districts to report PE and PA data annually, similar to academic subjects, allowing for better tracking of student health trends and the effectiveness of district policies.

By incorporating these recommendations, Senate Bill 68 would not only improve oversight of physical education and activity in Kentucky schools but also align with national standards and best practices. This approach would help **combat Kentucky's high rates of chronic disease, improve student academic and health outcomes, and support the state's broader "Make Kentucky Healthy Again" initiative.**