

H. 3195

Unstructured Recess in Public Schools

SPONSORS: REPS. HADDON, POPE, PEDALINO, CHUMLEY, TAYLOR, ERICKSON, BRADLEY, HIXON, LIGON, WEEKS, OREMUS, HARTZ, WILLIAMS, LUCK, GILLIARD, RIVERS AND ANDERSON

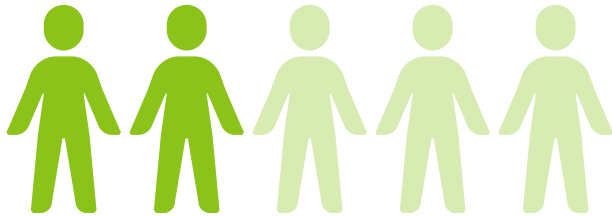
To require certain mandatory minimum periods for physical education and outdoor recess in four-year-old kindergarten through eighth grade each year in addition to other curriculum requirements, and to provide that recess periods must be held indoors during times of inclement weather.

Current Statistics

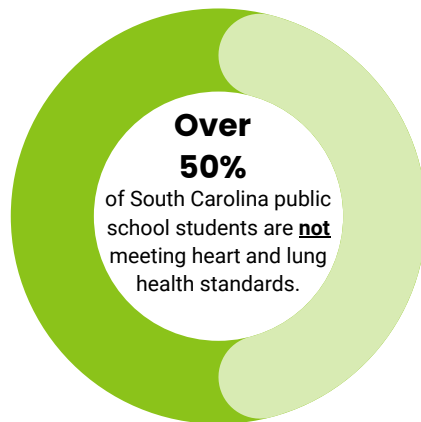
48%

of SC students

do not meet the military readiness physical fitness standards.



2 in 5 public school students in South Carolina are overweight or obese.



Additional Information:

- H3195 aligns with over 90% of current school district wellness policies in the state and with the South Carolina Department of Education's guidelines for "model" local wellness policy.



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Inspiring wellness in all communities

H. 3195 could:



...prevent **1 in 10** premature deaths, by reducing likelihood of diseases such as heart disease, stroke, and certain cancers.

Studies show that children with higher levels of physical activity...



have higher test scores,



miss fewer school days,



have less disciplinary issues.

Physical Activity has been shown to benefit:



concentration
& learning



confidence &
social skills



total body
health