## SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 10.1

Meeting Date: May 21, 2015
<u>Subject</u> : Approve Resolution No. 2843: Resolution Designating May as Physical Fitness and Sports Month
<ul> <li>☐ Information Item Only</li> <li>☐ Approval on Consent Agenda</li> <li>☐ Conference (for discussion only)</li> <li>☐ Conference/First Reading (Action Anticipated:)</li> <li>☐ Conference/Action</li> <li>☐ Action</li> <li>☐ Public Hearing</li> </ul>
<b>Division:</b> Academic Office/Curriculum & Instruction
Recommendation: Approve proposed resolution.
Background/Rationale: The Sacramento City Unified School District (SCUSD)

## SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

## **RESOLUTION NO. 2843**

## RESOLUTION DESIGNATING MAY AS PHYSICAL FITNESS AND SPORTS MONTH

- **WHEREAS**, the month of May is designated as Physical Fitness and Sports Month in the United States; and
- **WHEREAS**, research shows that fit and active children are more likely to thrive academically, have improved behavior in school, and better concentration; and
- **WHEREAS**, moderate daily physical activity can substantially reduce the risk of developing or dying from cardiovascular disease, type II diabetes, and certain cancers; and
- **WHEREAS**, the Institute of Medicine and the Department of Health and Human Services recommend that all schools provide at least 60 minutes per day of moderate to vigorous physical activity within the school day; and
- **WHEREAS**, a decline in physical activity has contributed to the unprecedented epidemic of childhood obesity which has more than tripled in the United State since 1980 and now more than 1 in 3 children are overweight or obese; and
- **WHEREAS**, teaching children about physical education and sports not only ensures that they are physically active during the school day, but also educates them on how to be physically fit, physically active and its importance for a life-time; and
- **WHEREAS**, the social and environmental factors affecting children are in the control of the adults and the communities in which they live, and therefore this District shares a collective responsibility in cultivating and fostering student's that are emotionally, physically and academically fit;
- NOW, THEREFORE, BE IT RESOLVED that the Sacramento City Unified School District Board of Education recognizes the importance of nurturing healthy, "physically fit" students; and encourages staff, parents, students, and coromote health-related activities throughout the year.