
SENATE BILL 6407

State of Washington

64th Legislature

2016 Regular Session

By Senators Fain, Liiias, Keiser, Hasegawa, McAuliffe, Conway, Frockt, and Mullet

Read first time 01/19/16. Referred to Committee on Early Learning & K-12 Education.

1 AN ACT Relating to requiring recess time for children in grades
2 kindergarten through five; adding a new section to chapter 28A.230
3 RCW; and creating a new section.

4 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF WASHINGTON:

5 NEW SECTION. **Sec. 1.** The legislature finds that the centers for
6 disease control and prevention reports that approximately seventeen
7 percent of 12.7 million children and adolescents between the ages of
8 two and nineteen years are obese. The legislature further finds that
9 the Washington state department of health reports that in 2012, about
10 twenty-five percent of children in the state between the ages two and
11 four years old were overweight or obese; and about twenty-three
12 percent of tenth graders in Washington's public schools were
13 overweight or obese. The legislature recognizes that the United
14 States department of health and human services, the United States
15 department of education, the national association for sport and
16 physical education, and the American heart association recommend that
17 school-aged children should participate in at least sixty minutes per
18 day of moderate to vigorous physical activity. The legislature
19 acknowledges that participation in a regularly scheduled recess
20 period provides an opportunity for children to engage in essential
21 physical activity and to establish healthy habits early in life. The

1 legislature further acknowledges that recess also affords a child the
2 opportunity to practice skills such as cooperation, communication,
3 and creativity, and a break from the day's routine improves
4 attention, focus, behavior, and learning in the classroom. The
5 legislature intends to provide elementary students with a daily
6 recess period because recess is such a vital component of a
7 comprehensive school physical activity program and the total
8 educational experience for elementary school students.

9 NEW SECTION. **Sec. 2.** A new section is added to chapter 28A.230
10 RCW to read as follows:

11 (1) Beginning with the 2016-17 school year, a public school
12 district shall provide a daily recess period of at least thirty
13 minutes for students in grades kindergarten through five. The recess
14 period shall be held outdoors, if feasible.

15 (2) The recess period shall not be used to meet the physical
16 education requirements under RCW 28A.230.040.

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