

**ELK GROVE UNIFIED SCHOOL DISTRICT
ELK GROVE, CALIFORNIA**

RESOLUTION NO. 83, 2025-2026

**ESTABLISHMENT OF
PHYSICAL FITNESS AND SPORTS MONTH**

WHEREAS, according to the Centers for Disease Control (2025), prior to the pandemic, children spent many of their waking hours at school and participating in physical activity during the school day to meet the recommendations of the Physical Activity Guidelines for Americans; and

WHEREAS, the U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily; and

WHEREAS, California EC Section 51210[a][7] requires all students in grades 1-6 to participate in at least 200 minutes every 10 days of health, safety, and physical education and 400 minutes for grades 7-12; and

WHEREAS, schools can promote physical activity through comprehensive school physical activity programs, including recess, classroom-based physical activity, intramural physical activity clubs, interscholastic sports, and physical education; and

WHEREAS, participation in sports teams and physical activity clubs can improve grade point average, school attachment, educational aspirations, and the likelihood of graduation (National Federation of State High School Associations, 2020); and

WHEREAS, the Elk Grove Unified School District strongly supports efforts to increase physical education, physical activity, and participation in youth sports, and recognizes the month of May as National Physical Fitness and Sports Month;

THEREFORE, BE IT RESOLVED, that the Governing Board of the Elk Grove Unified School District designates May 2026 as Physical Fitness and Sports Month and recognizes the central role of physical education and sports in creating a healthy lifestyle for all children in the Elk Grove Unified School District.

Date

DAVID E. REILLY, SUPERINTENDENT and
SECRETARY to the GOVERNING BOARD of
ELK GROVE UNIFIED SCHOOL DISTRICT