



129th MAINE LEGISLATURE

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Legislative Document

No. 1343

H.P. 971

House of Representatives, March 21, 2019

An Act To Improve Health Education and Physical Education in Schools

Reference to the Committee on Education and Cultural Affairs suggested and ordered printed.

A handwritten signature in cursive script that reads "Robert B. Hunt".

ROBERT B. HUNT
Clerk

Presented by Representative DAUGHTRY of Brunswick.

1 **Be it enacted by the People of the State of Maine as follows:**

2 **Sec. 1. 20-A MRSA §4711**, as amended by PL 2009, c. 313, §11, is further
3 amended to read:

4 **§4711. Elementary course of study**

5 The basic course of study for the elementary schools must provide for the instruction
6 of all students in career and education development, English language arts, world
7 languages, health education and physical education, mathematics, science and
8 technology, social studies and visual and performing arts, as described in the parameters
9 for essential instruction and graduation requirements subject to the schedule specified in
10 section 6209. Instruction in health education and physical education must include at least
11 1/2 hour per day of instruction in health education and one hour per day of instruction in
12 physical education.

13 **Sec. 2. 20-A MRSA §4712**, as enacted by PL 2009, c. 313, §12, is amended to
14 read:

15 **§4712. Junior high school or middle school course of study**

16 The basic course of study for the junior high schools or middle schools must provide
17 for the instruction of all students in career and education development, English language
18 arts, health education and physical education, mathematics, science and technology,
19 social studies, visual and performing arts and world languages, as described in the
20 parameters for essential instruction and graduation requirements subject to the schedule
21 specified in section 6209. Instruction in health education and physical education must
22 include at least 1/2 hour per day of instruction in health education and one hour per day
23 of instruction in physical education.

24 **Sec. 3. 20-A MRSA §4723**, as enacted by PL 1983, c. 859, Pt. C, §§5 and 7, is
25 amended to read:

26 **§4723. Health and physical education**

27 The secondary course of study ~~shall~~ must include instruction in health, safety and
28 physical education, as prescribed by the commissioner, and physiology and hygiene, with
29 special reference to the effects of alcoholic drinks, stimulants and narcotics upon the
30 human system. Instruction in health, safety and physical education must include at least
31 1/2 hour per day of instruction in health education and one hour per day of instruction in
32 physical education.

33 **SUMMARY**

34 This bill requires instruction in elementary, junior high and secondary schools to
35 include at least 1/2 hour per day of instruction in health education and one hour per day
36 of instruction in physical education.