

YMCA YOUTH LEGISLATURE OF THE STATE OF MONTANA

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Senate Bill Number 107

Introduced by: Tori Gaines  
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Delegation: Butte High School

Referred to Committee: Senate Health & Human Services Committee

Legislative Action:  
House Committee: \_\_\_\_\_  
House: \_\_\_\_\_  
Senate Committee: \_\_\_\_\_  
Senate: \_\_\_\_\_  
Governor: \_\_\_\_\_

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1 A BILL FOR AN ACT ENTITLED: "Kick Start Health"

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3 BE IT ENACTED BY THE MONTANA YMCA YOUTH LEGISLATURE:

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5 **Section 1: Intent** The intent of this bill is to help decrease the high obesity rates in Montana by requiring all  
6 elementary aged students (Kindergarten through Sixth grades) to have at least 3 hours of Physical Education  
7 (physical activity) per week during school hours. Dedicating 1 of every 6 Phys. Ed. hours to an age appropriate and  
8 interactive nutrition class.

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10 **Section 2: Action**

11 Upon passage of this bill students who:

- 12 1. Are in grades Kindergarten through Sixth
- 13 2. Attend school for at least 5 hours per week day

14 Will be required to:

- 15 1. Attend and participate in Physical Education Classes three hours per week during school hours (excluding  
16 recess)
- 17 2. Attend nutrition classes teaching healthy lifestyle choices (age appropriate)
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- 19 A. Those who teach the classes will be certified P.E. teachers at each school whom are already employed.  
20 The P.E. teachers will also teach the nutrition classes (because they will already have knowledge of this  
21 field)
- 22 B. The P.E. classes will be held in the same area in which they were held before (ex. School gymnasium,  
23 playground, etc.)
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25 **Section 3: Funding**

26 If needed funding for this bill will come from the General Fund. The bulk of the cost will come from the P.E. and  
27 Health Programs already present in the designated school districts.

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29 **Section 4: Effective Date**

30 This bill will become effective upon passage.

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