

Manty Sabatés Morse, Board Member

**SUBJECT: TO EXPLORE THE FEASIBILITY OF IMPLEMENTING A MANDATORY
PHYSICAL EDUCATION PROGRAM AT THE MIDDLE-SCHOOL LEVEL**

**STRATEGIC PLANNING GOALS: II - STUDENT ACHIEVEMENT/PREPARATION
FOR POST-SECONDARY EXPERIENCES
VI - EFFECTIVE LEARNING ENVIRONMENT**

Authorization is sought to study the feasibility of implementing a mandatory physical education program at the middle-school level for students in grades 6-8. This proposal is based on research that shows that students involved in daily physical education tend to be more healthy and fit, both mentally and physically. Potential health benefits include improvements in cardiovascular endurance; muscular strength and power; flexibility; bone development; and posture.

Many studies have shown a strong link between physical activity, brain development, and cognitive performance. It has been shown, for example, that regular aerobic exercise nourishes the brain, thus maximizing learning and academic performance. Additionally, movement, balance, and visual tracking developed through physical exercise have been found to improve the cognitive development of children. Moreover, cross-lateral movements, evident in many forms of physical activity, have been found to enhance brain function.

A strong physical education program further instills in the child a stronger sense of self-worth, confidence, assertiveness, emotional stability, independence, and self-control. Quality physical education also influences moral development, providing students with the opportunity to assume leadership roles, cooperate with others, and accept responsibility for their own behavior.

**ACTION PROPOSED BY
MRS. MORSE:**

That The School Board of Miami-Dade County, Florida, direct the Superintendent to study the feasibility of implementing a mandatory physical education program at the middle-school level.