

Sixty-first  
Legislative Assembly  
of North Dakota

## SENATE BILL NO. 2398

Introduced by

Senator Heckaman

1 A BILL for an Act to require that elementary and secondary school students engage in  
2 movement and exercise.

3 **BE IT ENACTED BY THE LEGISLATIVE ASSEMBLY OF NORTH DAKOTA:**

4 **SECTION 1. Elementary students - Movement and exercise.** An elementary school  
5 shall ensure that fifteen minutes during each morning and fifteen minutes during each afternoon  
6 of curricular instruction, as referenced in section 15.1-06-04, are devoted to the supervised  
7 movement and exercise of students. The time may be instructionally structured or unstructured  
8 and may be spent inside or outside a classroom.

9 **SECTION 2. High school students - Movement and exercise.** Each high school  
10 student, as a condition of graduation shall engage in at least thirty minutes of continuous  
11 movement and exercise, at least three times during each week of the school calendar. Each  
12 school shall distribute a movement and exercise log to be completed by each student and  
13 submitted at the time and in the manner directed by the school principal. Physical activity  
14 engaged in during physical education classes may be counted for purposes of this section,  
15 provided the activity meets the requirements of this section. A high school principal may waive  
16 the requirements of this section in whole or in part if a student's illness, disability, or other  
17 extenuating circumstances make compliance with this section unreasonable.