

SB 1126 -1 STAFF MEASURE SUMMARY

Senate Committee On Education

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Meeting Dates: 3/26, 4/2, 4/7

WHAT THE MEASURE DOES:

The measure requires every public elementary school student to have at least 30 minutes of recess each five-hour day, beginning in the 2026-2027 school year. It also prohibits schools from withholding recess or imposing physical activity as a form of discipline.

ISSUES DISCUSSED:

- Benefits of physical activity for children
- Student behavior
- Structure of school day

EFFECT OF AMENDMENT:

-1 The amendment removes the 30-minute daily recess mandate.

BACKGROUND:

[House Bill 3141 \(2007\)](#) required elementary schools to provide 150 minutes and middle schools to provide 225 minutes of physical education each week. The bill required instruction to be part of a sequential, developmentally appropriate curriculum designed, implemented, and evaluated to help students develop the knowledge and motor skills to maintain physical education. The bill required at least 50 percent of the physical education class time to be actual physical activity with as much time as possible spent in moderate physical activity. It also required adaptive physical education for those with chronic health problems.

[Senate Bill 4 \(2017\)](#) phased in the physical education requirements established in ORS 329.496, establishing a transition period and a grace period for school districts.

Recess differs from physical education in that it is generally implemented as unstructured play time, although some schools do provide structured activities for students.