

119TH CONGRESS
2D SESSION

H. R. 9952

To amend the Elementary and Secondary Education Act of 1965 to encourage local educational agencies to provide students with at least one hour of physical activity time during each school day, and for other purposes.

IN THE HOUSE OF REPRESENTATIVES

JULY 27, 2026

Mr. BARRETT (for himself and Ms. SCHRIER) introduced the following bill;
which was referred to the Committee on Education and Workforce

A BILL

To amend the Elementary and Secondary Education Act of 1965 to encourage local educational agencies to provide students with at least one hour of physical activity time during each school day, and for other purposes.

1 *Be it enacted by the Senate and House of Representa-*
2 *tives of the United States of America in Congress assembled,*

3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “Healthy Access for
5 Learning Act”.

6 **SEC. 2. FINDINGS.**

7 Congress finds the following:

1 (1) According to the Centers for Disease Con-
2 trol and Prevention, in the years 2021–2023, 21
3 percent of American youth were obese.

4 (2) Twenty-five percent of children in the
5 United States are sedentary.

6 (3) The Centers for Disease Control and Pre-
7 vention recommends school-aged children and adoles-
8 cents get at least 60 minutes of exercise every day.

9 (4) Nearly half of type 2 diabetes cases in kids
10 are caused by obesity.

11 (5) Seventy percent of youth with obesity have
12 at least one risk factor for cardiovascular disease.

13 (6) Elementary and middle school recess has
14 declined sharply over the past 2 decades, especially
15 in lower-income school districts.

16 (7) Regular physical activity and free play im-
17 prove attention, behavior, memory, focus, and aca-
18 demic performance.

19 (8) The findings of the Centers for Disease
20 Control and Prevention and multiple studies show
21 recess reduces disruptions and supports stronger
22 learning without hurting instructional time.

23 **SEC. 3. LOCAL EDUCATIONAL AGENCY PLANS.**

24 Section 1112(b) of the Elementary and Secondary
25 Education Act of 1965 (20 U.S.C. 6312(b)) is amended—

1 (1) in paragraph (12), by striking “and” at the
2 end;

3 (2) by redesignating paragraph (13) as para-
4 graph (14); and

5 (3) by inserting after paragraph (12) the fol-
6 lowing:

7 “(13) if determined appropriate by the local
8 educational agency, how the local educational agency
9 will provide elementary and secondary school stu-
10 dents with at least 60 minutes of physical activity
11 time during each regular school day as described in
12 section 8549D; and”.

13 **SEC. 4. ACTIVITIES TO SUPPORT SAFE AND HEALTHY STU-**
14 **DENTS.**

15 Section 4108(5) of the Elementary and Secondary
16 Education Act of 1965 (20 U.S.C. 7118(5)) is amended—

17 (1) in subparagraph (H)(iii), by striking “or”
18 at the end;

19 (2) in subparagraph (I), by striking the period
20 at the end and inserting “; or”; and

21 (3) by adding at the end the following:

22 “(J) programs or activities that provide
23 students with not less than 60 minutes of daily
24 recess or other periods of unstructured physical
25 activity during the regular school day, con-

1 sistent with the age and developmental needs of
2 students.”.

3 **SEC. 5. PHYSICAL ACTIVITY TIME ELEMENTARY AND SEC-**
4 **ONDARY SCHOOL STUDENTS.**

5 Subpart 2 of part F of title VIII of the Elementary
6 and Secondary Education Act of 1965 (20 U.S.C. 7901
7 et seq.) is amended by adding at the end the following:

8 **“SEC. 8549D. PHYSICAL ACTIVITY TIME FOR ELEMENTARY**
9 **AND SECONDARY SCHOOL STUDENTS.**

10 “(a) REQUIREMENT.—Each local educational agency
11 receiving funds under part A of title I is encouraged to
12 establish and maintain a policy pursuant to which stu-
13 dents of elementary and secondary schools under the juris-
14 diction of that agency are provided with at least 60 min-
15 utes of physical activity time during each regular school
16 day.

17 “(b) PHYSICAL ACTIVITY TIME DEFINED.—In this
18 section, the term ‘physical activity time’ means time dur-
19 ing which a student is given an opportunity to engage in
20 physical exercise, inclusive of time spent in designated pe-
21 riods of recess and physical education courses.”.

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