

1 STATE OF OKLAHOMA

2 1st Session of the 60th Legislature (2025)

3 POLICY COMMITTEE
4 RECOMMENDATION

5 FOR

6 HOUSE BILL NO. 1493

7 By: Rosecrants

8 POLICY COMMITTEE RECOMMENDATION

9 An Act relating to schools; creating the Growing
10 Minds, Active Kids Act; declaring legislative intent;
11 providing definitions; requiring school districts to
12 incorporate thirty minutes of daily recess for
13 certain grades; encouraging thirty minutes of daily
14 recess for certain grades; establishing daily recess
15 requirements; specifying compliance for students with
16 disabilities; providing an exemption; and declaring
17 an emergency.

18 BE IT ENACTED BY THE PEOPLE OF THE STATE OF OKLAHOMA:

19 SECTION 1. NEW LAW A new section of law to be codified
20 in the Oklahoma Statutes as Section 11-103.9c of Title 70, unless
21 there is created a duplication in numbering, reads as follows:

22 A. This act shall be known and may be cited as the "Growing
23 Minds, Active Kids Act".

24 B. It is the intention of the Oklahoma State Legislature
through this act to focus on daily recess as essential for students
as it provides a necessary break from academic work, allowing

1 students to recharge both mentally and physically. Physical
2 activity during recess helps improve focus, reduce stress, and
3 support overall physical health. It also encourages social
4 interaction where children learn important skills like teamwork,
5 conflict resolution, and communication. By giving students adequate
6 time to play and unwind, recess fosters better behavior in the
7 classroom and enhances students' ability to concentrate and learn
8 effectively.

9 C. As used in this section:

10 1. "Daily recess" means a scheduled break or breaks during the
11 school day that will allow students to engage in unstructured free
12 play or physical activity;

13 2. "District board of education" means the governing board of
14 each school district in Oklahoma; and

15 3. "Physical activity" means any bodily movement that uses
16 energy and is produced by skeletal muscles.

17 D. School districts shall incorporate physical activity into
18 the school day by providing at least thirty (30) minutes for daily
19 recess to students in full-day prekindergarten, kindergarten, and
20 grades one through five. For grades six through eight, at least
21 thirty (30) minutes for daily recess is strongly recommended. Each
22 district board of education shall establish the timing of the daily
23 recess. The daily recess required by this subsection may be broken
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1 up into segments that best fit the schedules of each school
2 district.

3 1. The daily recess provided for in this section shall be in
4 addition to the weekly sixty (60) minute physical education
5 requirements set forth in subsections B and C of Section 11-103.9 of
6 Title 70 of the Oklahoma Statutes.

7 2. The daily recess shall occur outside the school building
8 unless weather or other conditions require it to occur inside.

9 3. For students with disabilities, the daily recess shall
10 comply with the individualized education program (IEP) or Section
11 504 plan of the student.

12 4. Virtual charter schools shall be exempt from the
13 requirements of this section.

14 SECTION 2. It being immediately necessary for the preservation
15 of the public peace, health or safety, an emergency is hereby
16 declared to exist, by reason whereof this act shall take effect and
17 be in full force from and after its passage and approval.

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