

Date of Hearing: April 27, 2026

ASSEMBLY COMMITTEE ON RULES  
Blanca Pacheco, Chair  
ACR 181 (Patel) – As Introduced April 21, 2026

**SUBJECT:** California Physical Education Week.

**SUMMARY:** Proclaims May 1, 2026, to May 7, 2026, inclusive, as California Physical Education Week to coincide with National Physical Education and Sport Week, to promote high-quality physical education instruction. Specifically, **this resolution** makes the following legislative findings:

- 1) Physical education is an academic discipline that equips California students with the knowledge, skills, and dispositions necessary to develop and maintain physical, mental, and social health throughout their lifespan.
- 2) Instruction in physical education contributes to pupil learning by supporting literacy development, social-emotional learning, positive school culture, and engagement across all content areas. Physical education is an integral component of a well-rounded education in California and nationwide within the Every Student Succeeds Act, contributing to college, military, career, and vocational readiness and supporting a productive, healthy adulthood.
- 3) Scientific evidence indicates that the components of physical fitness are associated with cognitive functions such as attention, memory, self-regulation, and executive functioning, which support academic engagement and learning.
- 4) High-quality instruction in physical education and adapted physical education also makes significant contributions to state priorities, including literacy development, social-emotional learning, school culture, science, technology, engineering, and mathematics (STEM), and others.
- 5) California Physical Education Week in 2026 serves as an opportunity for education leaders and state policymakers to collaboratively review current instructional practices in physical education and the need for recommendations to enhance the quality of physical education instruction for all of California's pupils.

**FISCAL EFFECT:** This resolution is keyed non-fiscal by Legislative Counsel.

**REGISTERED SUPPORT / OPPOSITION:**

**Support**

None on file

**Opposition**

None on file

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