

DAVID Y. IGE  
GOVERNOR



KATHRYN S. MATAYOSHI  
SUPERINTENDENT

STATE OF HAWAII  
DEPARTMENT OF EDUCATION  
P.O. BOX 2360  
HONOLULU, HAWAII 96804

**Date:** 02/05/2016  
**Time:** 02:00 PM  
**Location:** 309  
**Committee:** House Education

**Department:** Education

**Person Testifying:** Kathryn S. Matayoshi, Superintendent of Education

**Title of Bill:** HB 2705 RELATING TO PHYSICAL EDUCATION.

**Purpose of Bill:** Establishes a working group to assess physical education in kindergarten through elementary grades in public schools and report to the legislature.

**Department's Position:**

The Department of Education supports the intent of HB 2705 to gather information regarding physical education in Hawaii's public elementary schools.

Thank you for this opportunity to provide testimony on this measure.

DAVID Y. IGE  
GOVERNOR



CATHERINE PAYNE  
CHAIRPERSON

STATE OF HAWAII  
**STATE PUBLIC CHARTER SCHOOL COMMISSION**  
**(‘AHA KULA HO‘ĀMANA)**

<http://CharterCommission.Hawaii.Gov>  
1111 Bishop Street, Suite 516, Honolulu, Hawaii 96813  
Tel: (808) 586-3775 Fax: (808) 586-3776

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FOR: HB 2705 Relating to Physical Education  
DATE: Friday, February 5, 2016  
TIME: 2:00 PM  
COMMITTEE(S): House Committee on Education  
ROOM: Conference Room 309  
FROM: Tom Hutton, Executive Director  
State Public Charter School Commission

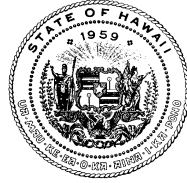
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**Comments on HB 2705**

Chair Takumi, Vice Chair Ohno, and members of the Committee:

The State Public Charter School Commission appreciates the opportunity to submit these comments. Because the proposed working group would comprise the State Superintendent and Complex Area Superintendents, it appears that this proposal is intended to apply specifically to the Department of Education (DOE) schools. However, because the bill proposes to assess physical education in all public schools, including questions relevant to the adequacy of programs and resources available to the approximately 10,400 children attending public charter schools, we respectfully recommend that representation from the public charter school sector be included on the proposed working group.

Thank you for the opportunity to provide this testimony.



**STATE OF HAWAII**  
**DEPARTMENT OF HEALTH**  
P. O. Box 3378  
Honolulu, HI 96801-3378  
doh.testimony@doh.hawaii.gov

**Testimony in SUPPORT of HB 2705**  
**RELATING TO PHYSICAL EDUCATION**

REPRESENTATIVE ROY M. TAKUMI, CHAIR  
HOUSE COMMITTEE ON EDUCATION

Hearing Date: February 5, 2016

Room Number: 309

1 **Fiscal Implications:** None.

2 **Department Testimony:** The Department of Health supports House Bill 2705. The purpose of  
3 HB2705 is to establish a working group to assess the sufficiency of physical education (PE)  
4 resources for kindergarten through elementary grade public schools.

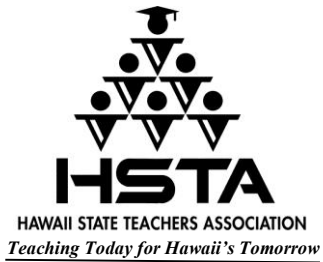
5 Schools play an important role in helping children to achieve the recommended amount  
6 of at least 60 minutes a day of moderate to vigorous physical activity.

7 In addition to the student health benefits, research<sup>1</sup> indicates that schools that provide  
8 time for quality PE generate a positive effect on academic achievement even when provided as  
9 part of the regular school day – including increased concentration; higher grades, improved  
10 mathematics, reading and writing test scores; and a reduction in disruptive behaviors.

11 Thank you for the opportunity to provide testimony.

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<sup>1</sup> Centers for Disease Control and Prevention. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010.



1200 Ala Kapuna Street ♦ Honolulu, Hawaii 96819  
Tel: (808) 833-2711 ♦ Fax: (808) 839-7106 ♦ Web: www.hsta.org

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President  
Justin Hughey  
Vice President  
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Secretary-Treasurer  
Wilbert Holck  
Executive Director

TESTIMONY BEFORE THE HOUSE COMMITTEE ON  
EDUCATION

RE: HB 2705 - RELATING TO PHYSICAL EDUCATION

FRIDAY, FEBRUARY 5, 2016

COREY ROSENLEE, PRESIDENT  
HAWAII STATE TEACHERS ASSOCIATION

Chair Takumi and Members of the Committee:

The Hawaii State Teachers Association **supports HB 2705**, relating to physical education, **with suggested amendments**.

Physical education makes students physically and mentally healthy. Through physical education, students learn to appreciate the abilities of their peers to contribute to shared goals. Teamwork and mutual support, two attributes of high-functioning organizations and communities, are stressed in physical education courses, along with a commitment to physical activity and nutrition as important components of healthy living.

That said, we urge you to ensure that the professional expertise of physical education teachers is included in the working group proposed in this measure by adding a third subsection to Section 2, subsection (b) to read: **“(3) Two currently employed physical education teachers.”**

To ensure that our keiki are given a well-rounded education, the Hawaii State Teachers Association asks your committee to **support** this bill.



## **American Heart Association testimony in support of the intent of HB 2705, “Relating To Physical Education”**

The American Heart Association supports the intent of HB 2705.

Childhood obesity has more than tripled in the past 30 years, and obese children are at least twice as likely as non-obese children to become obese adults. Fifty-seven percent of adults in Hawaii are overweight or obese, and 1 in 3 children entering kindergarten in Hawaii are overweight or obese. One important way to stop this rise in obesity and chronic disease in our children is by establishing lifelong physical activity habits with strong physical education programs and regular physical activity opportunities throughout the day in our nation’s schools.

Children must be physically active at school and learn about keeping healthy through exercise and a balanced diet. Regular physical activity is associated with a healthier, longer life and lower risk of CVD, high blood pressure, diabetes, obesity, and some cancers. If the lessons of lifetime physical activity and healthy food and beverage choices are modeled at both school and home, children will have the optimal foundation for healthy living.

Research shows that healthy children learn more effectively and achieve more academically. Unfortunately, many schools are cutting back on traditional physical education programs because of budgetary concerns and competing academic demands. Beyond the impact on chronic disease, physical inactivity and obesity place a significant burden on our society. Overweight and obesity account for approximately \$147 billion in annual health care costs nationally, or 9 percent of all medical spending. An estimated \$470 million is spent annually on obesity-related health problems in Hawaii. Roughly half of those costs may be paid by Medicare and Medicaid, meaning taxpayers absorb the costs for health care associated with obesity treatment.

Obesity and lack of physical fitness in America’s youth also affect our national security. Senior former military leaders report that 27% of young Americans are too overweight to serve in the military. Around 15,000 potential recruits fail their physicals every year because they are too heavy.

The American Heart Association strongly advocates for daily, quality physical education in our nation’s schools to give children a healthy head start on life.

Unfortunately, even obese pre-schoolers, are showing some of the biomarkers related to cardiovascular risk.

*“Building healthier lives,  
free of cardiovascular  
diseases and stroke.”*

**life is why™** es por **la vida™** 全为**生命™**

Please remember the American Heart Association in your will.



- One study showed that the plaque buildup in the neck arteries of obese children is similar to those levels seen in middle-aged adults.
- Along with rising obesity rates, the rate of prescription drug use by children for diabetes, high blood pressure and high cholesterol is increasing.
- Other research suggests that regular participation in physical education classes helps reduce obesity in low-income teenagers who are disproportionately affected by the childhood obesity epidemic.
- A nationwide survey of school principals showed that kids are more likely to get the recommended amount of recess and physical education if they live in states or school districts with policies that call for more of those types of activity.

### **ACTIVE CHILDREN THRIVE ACADEMICALLY AND SOCIALLY**

Physically active children are more likely to thrive academically and socially. Through effective physical education, children learn how to incorporate safe and healthy activities into their lives. Physical education is an integral part of developing the “whole” child for success in social settings and the learning environment.

- Evidence suggests that physical activity has a positive impact on cognitive ability, avoiding tobacco use, insomnia, depression, and anxiety. Other studies have shown that physically fit children have higher scholastic achievement, better classroom behavior and less absenteeism than their unfit counterparts.
- Ninety-five percent of parents believe physical education should be part of a school curriculum for all students in grades K-12.

### **QUANTITY AND QUALITY**

- The AHA recommends that children engage in at least 60 minutes of moderate to vigorous physical activity each day. It is reasonable that children should get at least 30 minutes of that time in school.
- The national recommendation for physical education is 150 minutes per week in elementary and 225 minutes per week in middle and high schools. Hawaii’s DOE policy currently falls short of both of these recommendations. In fact, Hawaii no longer requires PE in middle schools.



- The quality of the physical education program is also paramount. A high-quality physical education program taught by a certified physical education teacher enhances the physical, mental, and social/emotional development of all children and helps them understand, improve, and maintain physical well-being.

## **AMERICAN HEART ASSOCIATION RECOMMENDATIONS FOR PE**

The AHA advocates for daily, quality physical education in our schools, together with other healthy lifestyle choices. We support policy that would:

- Require a physical education coordinator at the state level to provide resources and offer support to school districts across the state.
- Offer regular professional development opportunities to physical education teachers that are specific to their field.
- Require physical education teachers to be highly qualified and certified.
- Add valid fitness, cognitive, and affective assessments in physical education that are based on student improvement and knowledge gain.
- Require that students be active in moderate vigorous physical activity for at least 50% of physical education class time.
- Assure that physical education programs have appropriate equipment and adequate facilities.
- Not allow students to opt out of physical education to prepare for other classes or standardized tests.
- Not allow waivers or substitutions for physical education.

The American Heart Association supports the intent of HB 2705 as a first step toward implementing what it hopes will be a quality physical education program for Hawaii's keiki.

Respectfully submitted,

A handwritten signature in black ink that reads "Donald B. Weisman".

Donald B. Weisman  
Hawaii Government Relations Director

*"Building healthier lives,  
free of cardiovascular  
diseases and stroke."*

**life is why™** es por **la vida™** 全为**生命™**

Please remember the American Heart Association in your will.





American Cancer Society  
Cancer Action Network  
2370 Nu`uanu Avenue  
Honolulu, Hawai`i 96817  
808.432.9149  
[www.acscan.org](http://www.acscan.org)

House Committee on Education  
Representative Roy Takumi, Chair  
Representative Takashi Ohno, Vice Chair

**HB 2705 – RELATING TO PHYSICAL EDUCATION.**

Cory Chun, Government Relations Director – Hawaii Pacific  
American Cancer Society Cancer Action Network

Thank you for the opportunity to provide testimony in support of HB 2705, which establishes a working group to assess the feasibility of increasing physical education requirements for kindergarten through elementary school.

The American Cancer Society Cancer Action Network (ACS CAN), the advocacy affiliate of the American Cancer Society, is the nation's leading cancer advocacy organization. ACS CAN works with federal, state, and local government bodies to support evidence-based policy and legislative solutions designed to eliminate cancer as a major health problem.

Many youth are increasingly sedentary throughout their day, meeting neither physical education nor national physical activity recommendations. To address this issue, public schools should provide all students with 150 minutes per week of physical education in elementary schools and 225 minutes per week in middle schools and high schools. This is the national standard the State should strive for. We recognize, however, that the solution is not as simple as mandating these requirements in public schools. There are barriers to moving this issue forward, and this working group can provide recommendations to address these barriers. We urge the committee to consider expanding the scope to also include middle schools, as there are currently no requirements for physical education at those grade levels.

Thank you for the opportunity to provide testimony on this important issue.



Chair Takumi, Vice Chair Ohno and the Education committee

Subject: House Bill 2705

February 5, 2016

My name is Lance Fujioka and I am an elementary school Physical Education teacher. I am testifying in support of House Bill 2705.

This bill will help the children of Hawaii to learn the skills needed to combat the current obesity epidemic. In addition, regular physical activity works to build bone and muscle. Many studies support the link between the presences of a quality Physical Education program to increased academic success. Physical Education is one of the few content areas that truly facilitate physical, emotional, mental, and social growth.

As an elementary school Physical Education teacher, my school is lucky to have a full time physical education teacher, but many elementary schools do not have such a luxury. The state seems to put emphasis on wellness. Every year our school participates in the School Health Index, and even with one full-time physical education teacher, we are unable to meet the minimum minutes of Physical Education taught by a certified Physical Education teacher. If the state is truly in pursuit of wellness of it's keiki, the schools are in need of support to provide certified physical education teachers to every elementary school.

Thank you for the opportunity to testify in strong support on the importance of Physical Education programs for all kindergarten – elementary-aged children.

Lance Fujioka  
94-380 Kuahelani Ave.  
Mililani HI, 96789  
(808) 221-0425

**House Committee on Education**

**Subject: House Bill 2705 Relating to Education**

**February 4, 2016**

**My name is Lori Lendio McKeown and I am a teacher at Waialua Elementary School on the north shore of Oahu. I have been with the Department of Education for twenty-six years. I am testifying in support of H.B. 2705.**

**This bill will help the children of Hawai'i. Obesity, lack of motivation and focus, and irritability are prevalent in the classrooms. Though we try to take time each day to allow students to play and exercise, we often lack the proper equipment or supervision to do so. Funding from the legislature will help develop lifelong healthy habits and would create a ripple-effect in the classroom. Students will be more focused, willing to participate, and healthier, which will lead to productivity all around.**

**Currently, there is no Physical Education teacher in our school. Teachers are tasked with teaching Language Arts, Math, Science, Social Studies, and Computer Literacy, along with fitting in time for Physical Education.**

**Please help teachers and students by passing H.B. 2705. Thank you for the opportunity to testify in strong support on this matter, which greatly affects our future leaders of Hawai'i.**

**Lori Lendio McKeown  
Waialua Elementary School  
67-020 Waialua Beach Road  
Waialua, Hawaii 96791  
(808) 637-8228**

House Committee on Education  
Subject: House Bill 2705  
Feb. 4, 2016

My name is Ailani Grach and I am a student of Waialua Elementary School. I am testifying in support of H.B. 2705.

I strongly believe that there should be P.E. in our school. I believe this because it will help the students become fit. P.E. in schools may help prevent obesity in our schools. Our school does not have any P.E. courses or teachers to teach P.E. We do not have any equipment to exercise with. Not only will P.E. in our schools help us become fit, it would help children create better habits in their life.

Thank you so much for letting me testify in support of the H.B. 2705. I hope that you will pass this bill & help the students of Waialua Elementary become a better person.

Ailani Grach  
67-020 Waialua Beach Road  
Waialua, HI 96791  
(808) 637-8228

House Committee on Education  
Subject: House Bill 2705  
February 4, 2016

My name is Aiza Tingco and I am a student at Waialua Elementary School. I am testifying in support of H.B. 2705.

I think having P.E. in school is a great thing because we could be fit and active. For some of the student who has diabetes they could take P.E. and get healthier and burn of the calories. If we do have P.E. all the non fit students could join and loose some weight. Having P.E. will make students healthier.

When our teacher asked, "Who wants P.E. in School?" we all raised our hands. So therefore I hope H.B. 2705 could make this happen and provide P.E. in school. This will make us all students exited.

Aiza Tingco.  
67-020 Waialua Beach Rd.  
Waialua, HI 96791  
(808) 637-8228

House Committee on education  
Subject: House bill 2705  
February 4, 2016

My name is Amaya Montero and I am a student at Wai'alua elementary School. I am testifying in support of H.B 2705.

I think there should be P.E in DoE Schools, Because most kids stays at home and eat junk food. Also some students don't do physical activities. If there were P.E in DoE Schools then kids can live a happier and healthier life.

Thank you for reading my letter and I hope I convinced you to Put P.E in DoE Schools.

Amaya Montero  
67-020 Wai'alua beach Rd.  
Wai'alua HI 96791  
(808) 637-8228

House Committee on education subject: house  
Bill 2705 February 4, 2016.

My name is Areti Dahlia and I am a student  
at Waialua Elementary School. I am testifying in  
support of H.B. 2705.

I would like P.E. at schools because it helps  
kids get exercise, to have fun, and it keeps kids  
away from video games. P.E. at schools will get kids  
to get more creative and stay in fit. P.E. will also  
get kids to stay active and go outside more. But  
some schools don't have the time or equipment  
to teach kids P.E., or some schools don't have any  
P.E. teachers. And kids these days don't get much  
exercise because of video games. If you can, please  
help pass this bill so schools can teach P.E. and  
have the equipment.

Thank you for reading this and please help  
support to pass this bill. It will help many  
schools.

Areti Dahlia  
67-020 Waialua beach Rd. School.  
Waialua HI 967-791  
(808)-637-8228

House Committee on Education Subject:  
House Bill 2705 February 4, 2016

My name is Austen Andrade and I am a student at Waialua Elementary School. I am testifying in support of H. B. 2705

I believe that our school should have a P.E. teacher. If we have a P.E. class it will keep our students healthy and maintain a better. P.E. could help prevent obesity for children. Obesity is well known for young children. Instead of just sitting around in the class and only learning Math, Lang, Arts, and Science kids could also be have a P.E. class and get a lot of exercise. Kids could also want to participate in many activities and have fun. P.E. class could motivate kids that are obese, and in my academy we are filming a short video that tells people to exercise or they will stay obese and have many heart problems.

Thank you for letting us have the opportunity to testify for Physical Education in our schools around O'ahu

Austen Andrade  
67-020 Waialua Beach Road  
Waialua HI 96791  
(808) 637-8228

House Committee on Education  
Subject: House Bill 2705  
February 4, 2016

My name is Ayeesha Galam and I am a student at Waialua Elementary School. I am testifying in support of H.B. 2705.

I believe that our school should have P.E.. P.E. can help students in numerous ways. Obesity is very well known for young age children like me, but having P.E. atleast 2-3 days a week, can slowly get rid of it. Kids are often lazy at most times, and P.E. can change that by exercising every once in a while. Also, instead of staying in a classroom and just learn without not having to do anything like P.E., why don't one of the teachers bring us outside to do activities that can relate to what were learning? Our school just don't need a regular P.E. teacher; we need a teacher that's funny and motivational also. Like my 5<sup>th</sup> grade teacher, Mr. Paglinawan. I hated P.E. back then but now I actually enjoy it.

Thank you for giving us the opportunity to ask whether or not we should have P.E. in DOE schools.

Ayeesha Galam  
67-020 Waialua Beach Rd.  
Waialua, HI 96791  
(808) 637-8228



House Committee on Education

Subject: House Bill 2705

February 4, 2016

My name is Carhe Cabana, and I am a student at Waialua Elementary School. I am testifying in support of H.B. 2705.

I would like to do P.E. in DOE schools because honestly, I believe that some kids are becoming obese and over weight. P.E. would allow children to get into shape, and stay fit. Many kids love to stay active and play sports. I am one of those kids. When I am not in softball season, I think that P.E. would be a perfect way for not only me, but other kids who play sports to keep busy even when sports are in.

I Thank you for taking the time to read about why I support having P.E. in DOE schools for kids like me. ☺

Carhe Cabana

67-020 Waialua Beach Rd.

Waialua, HI 96791

(808) 637-8228

House Committee on Education  
Subject: House Bill 2705  
February 4, 2016.

My name is Eiren Phoebe U. Tamayo and I am a student at Waialua Elementary School. I am testifying in support H.B. 2075. P.E. should be provided in DOE schools. Why? P.E. will help kids from getting obese, P.E. can also make kids move more and P.E. can lead kids to a healthy lifestyle and future. P.E. doesn't just make us move more, it can also teach us the disadvantages of not exercising. Having P.E. in our school can help our brains get ready for tests like the SBAC or ASA, etc.

As one of the representatives of the U.E.S. I want to thank you for giving us, students a chance to tell our perspective on the H.B. 2705. The Student Council's goal is to make our school a better place, and H.B. 2705 supporting and funding P.E. will be a huge help for making Waialua Elementary School a better school for kids today and in the future.

Eiren Phoebe U. Tamayo  
67-020 Waialua Beach Road  
Waialua HI 96791  
(808) 637-8228

House Committee on Education  
Subject: House Bill 2705  
February 4, 2016

My name is Isaiah and I am a student at Waiawa Elementary School. I am testifying in support of H.B. 2705.

I think we should have P.E. in DOE schools because this could be what kids want. This would cause long and healthy lives. P.E. would be great for kids around the world. This would be good because kids would have more time to play.

Thank you for reading this and letting me testify to HB 2705 for more P.E. in schools.

Isaiah Wilson  
67-020 Waiawa Beach Rd.  
Waiawa, HI 96791  
(808) 637-8228

House Committee on Education  
Subject: House Bill 2705  
February 4, 2016

My name is Kaylor Lovett and I am a student at Waialua Elementary School. I am testifying in support of H.B. 2705.

I think we should have Physical Education in schools because it gives children a chance to exercise. Kids, like myself, do not enjoy being cooped up in a classroom. We get antsy and lose focus. P.E. would relieve stress and improve focus. Childhood obesity is also a serious problem that Physical Education would help. Many kids do not do sports or other physical activities after school. P.E. gives all children an opportunity to all children to exercise and have fun.

Thank you for letting us write our support for House Bill 2705. Physical Education is very important to me and other students alike. We thank you for your efforts to form a happier and healthier Hawaii.

Kaylor Lovett  
67-020 Waialua Beach Rd.  
Waialua, HI 96791  
(808)637-8228

Kirah Evile

House Committee on Education

Subject: House Bill 2705

February 4, 2016

My name is Kirah Evile and I am a student at Waiialua Elementary School. I am testifying in support of H.B. 2705.

I believe we should have P.E in schools. I believe so because kids need there daily exercise. For example, some kids don't go our to recess because they say it is too hot, not getting your exercise on can lead to obesity. Obesity is a disease when kids or even adults get too overweight. Plus, P.E could be fun if teachers were instead play sports the children enjoy, like soccer, football, volleyball, kickball and more. I think we should have P.E in schools.

Thank you for this opportunity to let me speak my voice in having P.E in schools.

Kirah Evile

67-020 Waiialua Beach Rd.

Waiialua, HI 96791

(808) 637-8228

House committee on education  
Subject: House Bill 2705  
February 4 2016

My name is Lana Skinner and I am a student at Waialua Elementary School. I am testifying in support of H.B. 2705.

I think that we should have P.E in schools because in order to stay healthy, kids need to do exercise. Also that P.E helps kids by preventing obesity. My last reason is that in order to teach kids healthy habits they need to start learning them when they are young.

Thank you for your time, in reading my support on why we should have P.E.

Lana Skinner  
67-020 Waialua beach Rd.  
Waialua HI 96791  
(808)637-8228

House Committee on Education  
subject House bill 2705  
February 4 2016

My name is Lilinoc Viveiros and I am a student at Waialua Elementary school. I am testifying in support of H.B. 2705.

I am testifying because I personally believe that P.E. should be in our school. First of all P.E. would help us wake up our body including our brains in order to focus & learn. Secondly we should have P.E. because it will help people that might be over weight to gain a better life. Lastly P.E. is another way that kids & adults can stay active.

Thank you for your time & support of House Bill 2705. This will help us students at Waialua to be more active.

Lilinoc Viveiros  
67-020 Waialua Beach Road  
Waialua HI 96791  
(808) 637-8228

House Committee on Education  
Subject: House Bill 2705  
February 4, 2016

My name is Lily Child and I am a student at Wai'anae Elementary School. I am testifying in support of H.B. 2705.

I believe that physical education is important to have in schools because it is healthy. Many kids don't get outside and exercise their bodies everyday. Some children eat unhealthy foods and become obese. I think by having P.E. in schools we can help reduce this. If kids were being encouraged to eat healthy and exercise, it could also affect their grades. Children will be able to focus in school and take the things taught to them seriously. There are multiple good reasons why P.E. in schools is the right way to go, but those are just a couple.

Thank you for letting the Keiki of Hawaii voice our opinions. I really believe that P.E. in schools will affect our future greatly.

Lily Child  
67-020 Wai'anae Beach Rd.  
Wai'anae, HI 96791  
(808)637-8228



House Committee on Education

Subject: House Bill 2705

February 4, 2016

My name is Maris Boling and I am a student at Waialua Elementary school. I am testifying in support of H.B. 2705.

I think the Department of Education schools should have P.E included to our daily schedual so kids can stay active and healthy. This could also help out with daily exercise. This is an opportunity we just can't miss.

Thank you for your time, I hope you allow P.E in schools to help kids become active and healthy leaders.

Maris Boling

67-020 Waialua Beach Rd.

Waialua, HI 96791

(808) 637-8228

House Committee on Education  
Subject: House Bill 2705  
February 4, 2016

My name is Megan Daniels and I am a student at Waialua Elementary School. I am testifying in support of H.B. 2705.

Physical Education in schools is extremely important. I know this because many of my friends and classmates including me don't do much exercising, and with all the technology we have kids aren't motivated to be outside and go for a run. It's much more fun to workout with your friends, and at school we have this opportunity. Plus, there aren't many distractions to keep us from doing P.E, unlike our homes which have tv's, computers, playstations, and much more. Having physical Education will also help with obesity, negativity, lack of energy, and much more.

Thank you for reading some of my reasons P.E in school is super important. Hopefully you agree with my opinion on this subject.

Megan Daniels  
67-020 Waialua Beach Rd.  
Waialua HI 96791  
(808) 637-8228

House Committee on Education.  
Subject: House Bill 2705  
February 4, 2016

My name is Melanie and I am a student at  
Wai'anae Elementary School. I am testifying in support  
of H.B. 2705.

I believe that schools should have physical education  
because it will allow students to get fit and live a healthier  
lifestyle. I also think it will improve and stimulate  
students to be more focused during class. It will also  
educate students on being more healthier but at the  
same time students will have fun and create bonds with  
each other.

Thank you for reading my statement for why the  
House Committee on Education should pass House bill 2705,  
to help empower and create healthier lives for the  
future Keiki of Hawaii.

Melanie Suarz  
67-020 Wai'anae Beach Rd.  
Wai'anae HI 96791  
(808)-637-8228

Naia Driscoll

House Committee on Education  
Subject: House Bill 2705  
February 4, 2016

My name is Naia Driscoll and I am a student at Waialua Elementary School. I am testifying in support of H.B. 2705.

PE is very important. Kids in the 20<sup>th</sup> century are always on their phones and computers that they don't exercise. Kids are not fit and they barely play sports. PE will help kids of all ages get fit and being fit and healthy will help them be more focused in the class room. With HSA and SBAC testing kids have been sitting in front of screens at home and at school. PE will give kids something fun to do at school that does not involve sitting at a desk doing school work.

Thank you for giving me a chance to support what I believe in.

Naia Driscoll  
67-020 Waialua Beach Rd.  
Waialua, HI 96791  
(808) 637-8228

House Committee on Education  
Subject: House Bill 2705  
February 4, 2016

My name is Oshyn Nobmann and I am a student at Waialua Elementary School. I am testifying in support of H.B. 2705.

I would love to see P.E. in our school because it would help the kids stay active and fit. Bill 2705 would help our school in many other ways too, such as staying active outside of school. It could also affect the students in the class to help them focus on what is being taught.

Thank you for letting me support H.B. 2705 and hope that it will help in the outcome of this bill.

Oshyn Nobmann  
67-020 Waialua Beach Rd.  
Waialua HI 96791  
(808) 637-8228

House Committee on Education  
Subject: House Bill 2705  
February 4, 2016

My name is Rhea Arellano and I am a student at Waialua Elementary School. I am testifying in support of H.D. 2705.

I think that the DOE should provide P.E. in schools because P.E. will help students stay active and healthy. P.E. will help students from sitting around doing nothing and allowing them to be more active. Students will learn eating healthy will help them from getting sick.

Thank you. I hope that you will allow P.E. in schools.

Rhea Arellano  
67-020 Waialua Beach Rd.  
Waialua, HI 96791  
(808) 637-8228

House committee on Education

Subject: House bill 2705

February 4, 2016

My name is Shailah Williams and I am a student at Waialua Elementary School. I am testifying in support of H. B 2705.

I believe that DOE schools should have P.E because many students like myself love P.E. P.E is a great way for students to go outside and interact with other kids. It is also a good way to get exercise especially the kids that are obese. Physical Education is also a good way for kids to get motivated and to also put a boost in their day.

Thank you for letting the students at Waialua Elementary school get to voice their opinions on what we think about P.E.

Shailah Williams

67-020 Waialua Beach Rd.

Waialua HI 96701

(808) 637-8228

House Committee on Education  
Subject: House Bill 2705  
February 4, 2016

My name is Zoë Balmoja and I am a student at Waialua Elementary School. I am testifying in support of H.B. 2705.

I would like P.E. to be part of school because it can motivate kids and make them exercise. It would be fun to have P.E. because it can get kid's energy out. It is also good to get some exercise once in a while so why can't kids get some exercise during school. P.E. can have running games or relay races. P.E. can make kids more focused and healthy.

I hope you will agree with my opinion on why we should have P.E. Thank you for taking the time to read and understand why kids need P.E.  
☺

Zoë Balmoja  
67-020 Waialua Beach Rd.  
Waialua, HI 96791  
(808) 637-8228