



**Homer High School Student Government
Wrestling in Homer High School Physical Education Curriculum
April 22, 2022**

Be it resolved by the Alaska Association of Student Government:

1. **Whereas**, a fundamental aspect of physical education classes is to introduce students to new sports that they may not have the opportunity to otherwise experience;
2. **Whereas**, the majority of school-sanctioned sports have a physical education unit taught at high school;
3. **Whereas**, basketball, soccer and football cause more injuries as high school sports than wrestling (1);
4. **Whereas**, students can be slowly introduced to wrestling through games and individual drills;
5. **Whereas**, wrestling empowers students and develops personal confidence, allowing students to own their body, space, and voice;
6. **Whereas**, a recent survey of Homer Middle School students who were taught a short wrestling unit reported 90% of students felt completely safe, 78% of students found it enjoyable, and 47% said it increased their confidence over the course of the 2-day unit (3);
7. **Whereas**, wrestling teaches a degree of physical competence and transferable skills such as learning to fall correctly;
8. **Whereas**, wrestling doesn't require any additional equipment and therefore would be inexpensive to add to the physical education curriculum;
9. **Whereas**, physical education teachers can use the expertise of wrestling coaches to help with their lesson planning;
10. **Whereas**, wrestling is one of the most inclusive sports, supporting people of all different body types and abilities;
11. **Whereas**, wrestling supports students with challenging life circumstances by teaching resilience, focus, and structure;


Therefore, be it resolved that the Homer High School Site Council and the Kenai Peninsula Borough School District support the adoption of wrestling into the Homer High School physical education curriculum.

Action Statement: if passed by the Alaska Association of Student Government, this resolution would be put into effect to amend wrestling as a unit into freshman physical education curriculum at Homer High School.

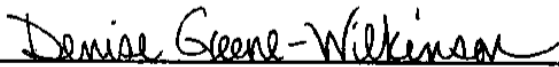
1. Hoffman, Kevin. "Which sports cause the most injuries to high school athletes?" *Coach & A.D.* www.coachad.com/articles/which-sports-cause-the-most-injuries-to-high-school-athletes.
2. "Sanction Ne." *Wrestle Like a Girl*. www.wrestlelikeagirl.org/sanction-ne.
3. Statistics sourced from an independently conducted survey of Homer Middle School students.

Commented [1]: Is this resource used?

Passed by the 2022 Spring Conference GA hosted by Kodiak High School



AASG Vice President, Kamea VanDeventer



AASG Executive Director, Denise Greene-Wilkinson