Strategies for Recess in Schools
Recess in Context

Whole School, Whole Community, Whole Child

Comprehensive School Physical Activity Program

Physical Activity During School

Recess

Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA

SHAPE America
Society of Health and Physical Educators

health. moves. minds.
Physical Education...

- is taught by a teacher certified in physical education
- has lessons based on National Physical Education Standards and Outcomes
- has sequential activities that are designed to meet outcomes

Physical Activity...

- is led or supervised by any adult
- can be structured or unstructured
- may include any type of movement

Both help...

**the brain**
- decrease stress
- increase academic performance

**the body**
- improve fitness level
- prevent injury and disease
Recess: What is it and why is it important?

A regularly scheduled period within the school day for physical activity and play that is monitored by trained staff or volunteers.

Improved social & emotional outcomes

Improved academic achievement outcomes
Spotlight: SHAPE America/CDC Recess Planning Resources
Strategies for Recess in Schools

20+ minutes per day
GOALS

• Daily recess for all grade levels
• Safe space for recess no matter the weather

1. Make Leadership Decisions
   1. Identify and document recess policies
   2. Put documented recess policies into practice and revise as needed
   3. Develop a written recess plan
   4. Designate spaces for outdoor and indoor recess
   5. Establish weather guidelines to ensure student safety
   6. Train school staff and volunteers for recess

2. Communicate and Enforce Behavioral and Safety Expectations
   7. Establish and communicate behavior management strategies
   8. Teach conflict resolution skills
   9. Ensure that recess spaces and facilities meet recommended safety standards

3. Create an Environment Supportive of Physical Activity During Recess
   10. Provide adequate physical activity equipment
   11. Add markings to playground or physical activity areas
   12. Create physical activity zones
   13. Provide planned activities or activity cards
   14. Provide a combination of recess strategies

4. Engage the School Community to Support Recess
   15. Establish roles and responsibilities for supervising and facilitating recess
   16. Involve students in planning and leading recess
   17. Mobilize parents and others in the school community to support and sustain recess at school

5. Gather Information on Recess
   18. Track physical activity during recess
   19. Collect information on recess to show the effect on student and school outcomes
Recess Planning in Schools

1. Gather Information
2. Set Goals
3. Identify Strategies
4. Complete the Planning Template
5. Link to the Planning Guide
6. Implement
Any questions?