

# Strategies for Recess in Schools





Whole School, Whole  
Community, Whole Child



# Recess in Context



Comprehensive School  
Physical Activity Program



Physical Activity  
During School



Recess



Active Students = Better Learners  
[www.cdc.gov/healthyschools/PEandPA](http://www.cdc.gov/healthyschools/PEandPA)



## 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

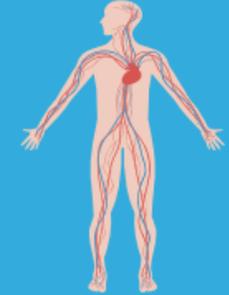
## Both help...

### the brain



- decrease stress
- increase academic performance

### the body



- improve fitness level
- prevent injury and disease



## Physical Activity...



is led or supervised by any adult



can be structured or unstructured



may include any type of movement



# Recess: What is it and why is it important?

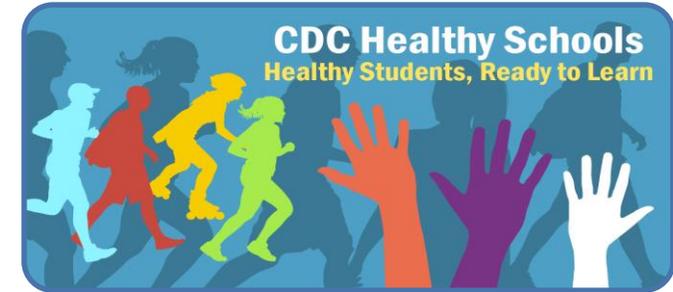
A regularly scheduled period within the school day for physical activity and play that is monitored by trained staff or volunteers.



Improved social & emotional outcomes

Improved academic achievement outcomes

# Recess Resources



[Guide for Recess Policy](#)

[Position Statement: Using PA as Punishment](#)

[Top 10 Reasons for Recess](#)

[Case Study: Let the Games Begin](#)

[Recess Toolkit](#)

[Data Brief: Keep Recess in Schools](#)

[Recess Resource Directory](#)

[Strategies for Recess in Schools \(with SHAPE America\)](#)

[Recess Planning in Schools \(with SHAPE America\)](#)

[Customizable Planning Template](#)

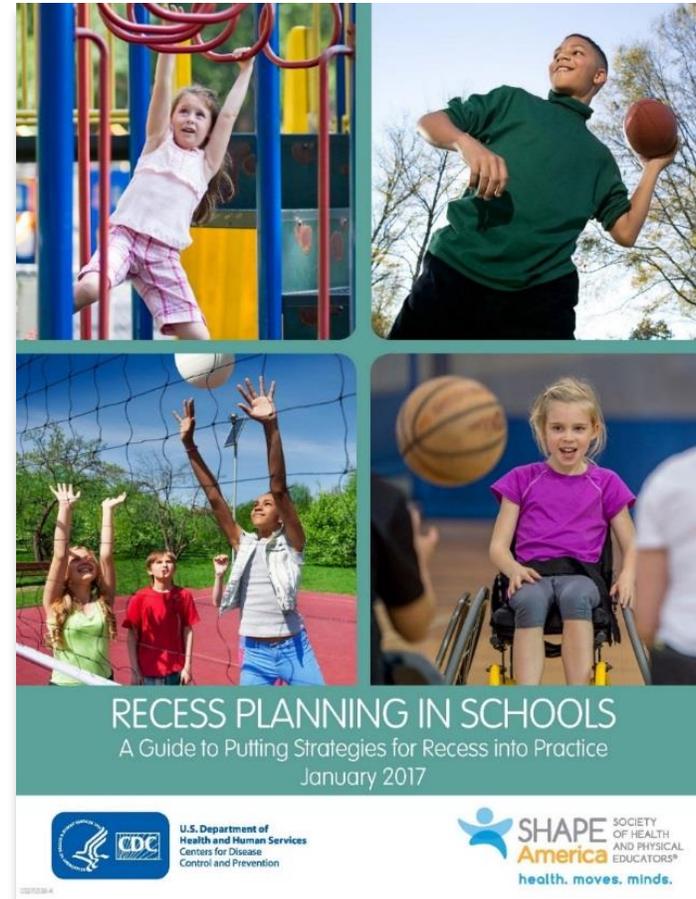
[Providing Recess to All Students](#)

[JOPERD Article: Keeping Recess in Schools \(with SHAPE America\)](#)

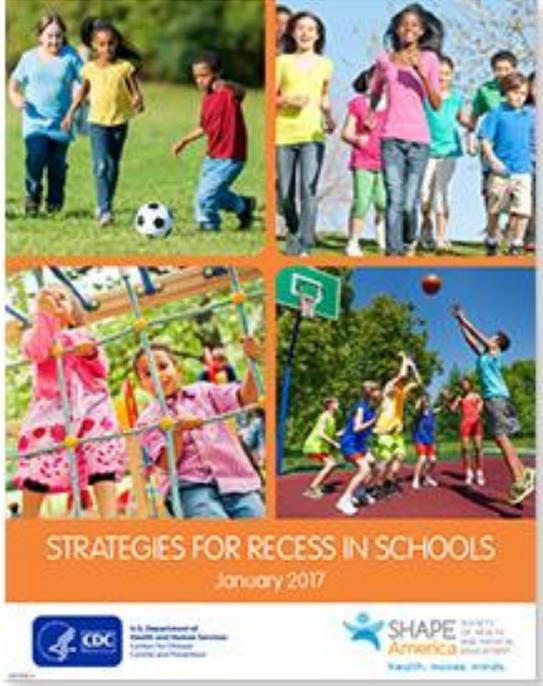
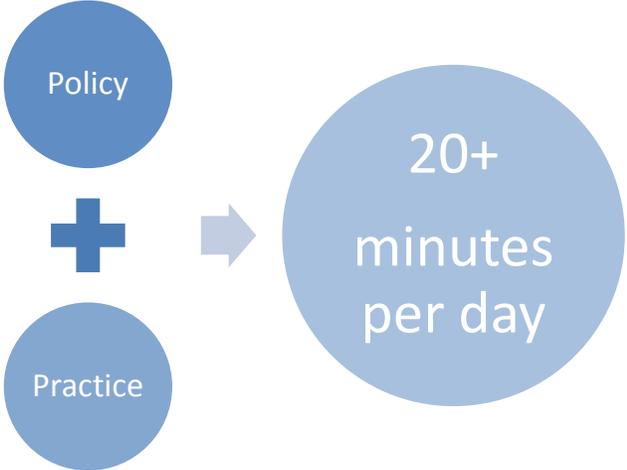
[School Health Index](#)



# Spotlight: SHAPE America/CDC Recess Planning Resources



# Strategies for Recess in Schools



## GOALS

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

Identify Strategies

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



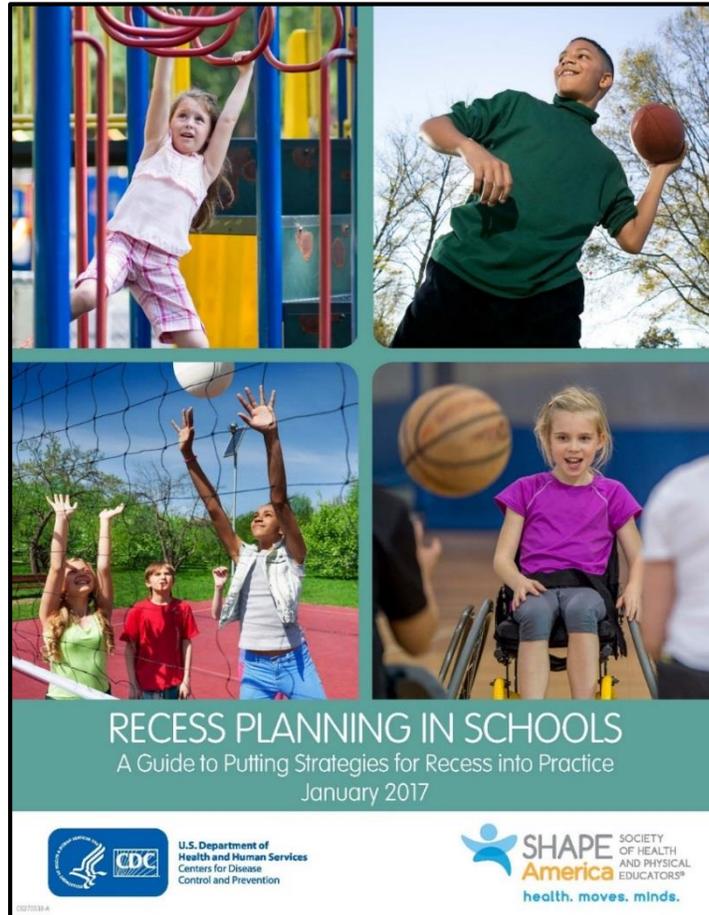
5

### 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





*Any questions?*

