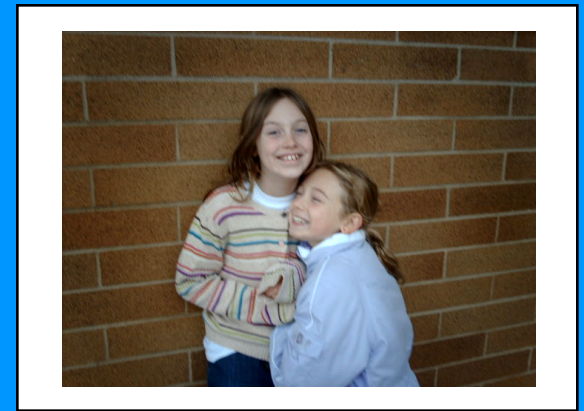




“Without Recess School would not be as much fun.”  
-Jenna & Rachel



“I like recess because I don’t have to sit still.”  
-Andrea



“At Recess we get to see our friends from other classes.”  
-Jordan & Taelor

## WHY KIDS NEED RECESS

Tag is more than just a game, it is a lesson where the learning objectives are cooperation, language development and conflict resolution. While teacher do not write detailed lesson plans for recess, constructive play is very educational. Recess offers that rare opportunity in school for students to be imaginative and interact with their friends.

Elementary school students have very few coping strategies and recess serves as an important outlet for lowering children’s anxiety. By allowing students to experience a recess break you are lowering outbursts and stress in the classroom. By giving the students a chance to participate in vigorous activity they are pumping fresh oxygen into their blood and nourishing a sluggish brain.

Play is an active form of learning that unites the mind, body and spirit. Until at least age nine, children’s learning occurs best when the whole self is involved. Children permitted to play freely with peers develop skills for seeing things through another person’s point of view.

## WHAT CAN YOU DO

### *Get Involved.*

Plan a celebration in your school for National Recess Week. (3rd Week of September) The carton network provides grants, recess kits and information on how to conduct campaigns to help keep recess an option for students. Grassroots campaigns at a school level are a powerful step to keeping the recess movement alive.

### *Join Up.*

There are many organizations like the PTA, the American Association for the Child’s Right to Play, and the NAEYC working to keep recess as part of the school day.

### *Know the Facts.*

Find the research and present it to the administration. Sometimes the facts speak for themselves, and these facts are loud and clear.

## WHAT THE RESEARCH SAYS

- Nothing shows that getting rid of recess is good for student achievement
- Recess maximizes students’ attention to classroom tasks
- Breaking up the the tasks maximizes learning
- Students are move attentive after recess than before
- Children participate in vigorous activity more in recess than in PE
- Recess has been found to reduce the risk of cardiovascular disease, increase self-esteem, help prevent obesity, lower blood pressure, increase test scores for school age children, and enable students to learn good character traits.

## WHERE HAS RECESS GONE?

- **40% of all the nations schools have eliminated recess from their days** (Portland Press Herald)
- **Majority of America's schools give less than 30 minutes of recess a day** (CBS News)
- **Recess is viewed by many administrators as trivial and unnecessary** (Pellegrini)
- **Recess drop-offs become most apparent in the third grade when preparation for state testing begins** (CBS News)
- **Recess time competes with music, library, P.E. and computer classes for space in a schedule all ready packed with instruction time** (CBS News)
- **Schools say that most discipline problems, bumps and bruises occur during recess.** (Portland (Portland Press Herald)

## WHAT THE ADMINISTRATORS SAY

**“We’re trying to maximize every minute of the school day to get kids prepared for state tests.”** (John McEwan, Superintendent of the Whitman-Hanson Regional School District in Massachusetts)

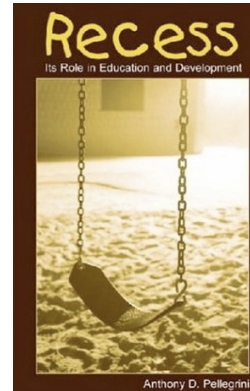
**“We only have students between six and seven hours a day, which hasn’t met certain testing requirements of the 2002 No Child Left Behind federal law for the last four years. In terms of the short amount of time and what we’re being told we have to cover, something has to give and it can’t be reading.”** (Rosemary Agneessens, Principal of Creighton Elementary)

# RESOURCES

## Recess: It's Role in Education and Development

By Anthony D. Pellegrini

This book is an attempt to broach two views of recess- the perceived value of recess and the movement to eliminate or reduce the school recess period for the primary school day.



*The Importance of Recess* by Timothy Meyler and Sarah Banks. LEARN North Carolina, 2003.

*The Value of School Recess and Outdoor Play.* National Association for the Education of Young Children, 1997.

*Recess in Elementary Schools.* National Association for Sport and Physical Education, July 2001.

*Rethinking Recess.* Anne Marie Chaker. The Wall Street Journal, October 2006.

*Recess Gets Squeezed at Some Schools.* Beth Quimby. Portland Press Herald, November 2006.

*Parents Launch Rescuing Recess Drive.* CBS News, May 2006.

*The Case for Elementary Recess.* The American Association for the Child's Right to Play,



*“I like recess because I get all my energy out”*  
-Emily, 4th grader

# What Recess Means To Me

A perspective on the termination of recess and the effects this deems for children.

Presented by Hope L. Long