



Indiana
Department
of
Health

COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM

RECESS IMPLEMENTATION

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OUR MISSION:

To promote, protect, and improve the health and safety of all Hoosiers.

OUR VISION:

Every Hoosier reaches optimal health regardless of where they live, learn, work, or play.



Introduction



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Objectives

- Definition of recess
- Benefits of recess
- National guidance on recess
- Strategies for planning for recess
- Draft a written recess plan
- Recess Resources

Definition of Recess

- A regularly scheduled period within the school day for physical activity and play that is monitored by school staff or volunteers
- Recess is a period of time when students are encouraged to be physically active and engaged with their peers in activities of their choice, at all grade levels (K-12)



Benefits of Recess

- Improving students' social and emotional development (e.g., learning how to share and negotiate)
- Improving students' memory, attention, and concentration
- Helping students stay on-task in the classroom
- Reducing disruptive behavior in the classroom
- Increasing students' level of physical activity



National Guidance on Recess

- Provide all students in K-12th grade with at least 20 minutes of recess/day
- Prohibit the replacement of PE with recess or the use of recess to meet time requirements for PE policies
- Provide schools and students with adequate spaces, facilities, equipment, and supplies for recess.
- Ensure that spaces and facilities for recess meet or exceed recommended safety standards
- Prohibit the exclusion of students from recess for disciplinary reasons or academic performance in the classroom
- Prohibit the use of physical activity during recess as punishment
- Provide recess before lunch
- Provide staff members who lead or supervise recess with ongoing PD trainings



Strategies for Planning Recess

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



How to Use Recess Guide

School staff responsible for leading recess in schools can use this guide to:

- Discuss recommended strategies and use provided questions to choose appropriate ones for their school recess plan
- Identify ways to strengthen strategies they are already using
- Discuss results to help schools who have an existing school recess plan, make it more robust
- Help schools without a recess plan, develop one
- Choose recess strategies to use and decide how to implement them
 - Example: School develops weather guidelines to keep students safe during inclement weather the first year, then designate spaces for indoor recess the following year
- Identify resources to help schools address each strategy

Recess Plan Template

Schools can use customizable Recess Planning Template to:

- Document strategies they will use in their plan
- Fill in sections that correspond to the strategies identified in Strategies for Recess in Schools Guide
- Review discussion questions from Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice
- Recess Plan Template:
<https://www.shapeamerica.org/Common/Uploaded%20files/uploads/pdfs/recess/CustomizableRecessPlanningTemplate.docx>



Recess Resources

- [Strategies for Recess in Schools](#) -Evidence-based strategies for planning and providing recess in schools to increase physical activity participation and improve academic achievement
- [Recess Planning Recess Planning in Schools](#)-Helps schools put the Strategies for Recess in Schools into practice when developing a written school recess plan
- [Physical Activity During School: Providing Recess to All Students](#) - Explains the benefit and importance of recess and CDC and SHAPE America's new resources for recess
- [Resources for Recess in Schools Promotion Kit](#) -Promote the resources for recess to your partners
- [Reasons to Hold Recess Before Lunch](#)
- [National Guidance on Recess](#)

Presentation Survey

Link to survey: https://newteachercenter.co1.qualtrics.com/jfe/form/SV_3VDWC8UMGDSGBBs

Questions?

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