



(Name of School District)		Policy Code:
<p style="text-align: center;"><b>A Model Elementary Recess Policy for School Districts in Georgia</b></p> <p>The (name of county/city) School Board recognizes that children who participate in either indoor or outdoor recess are more productive and attentive in class and behave better in the classroom. Recess can also serve to foster relationships among students, create youth involvement opportunities, and teach conflict resolution. Children who are allowed to play and interact during recess develop important communication and coping skills such as cooperation, problem solving, and self-control. Thus, all elementary schools will offer a minimum of one recess period of twenty minutes per day for children in kindergarten – 5<sup>th</sup> grade, which may be incorporated before the lunch period. If incorporated before lunch, the school will provide appropriate hand-washing and/ hand-sanitizing mechanisms for students prior to meal consumption. Recess will complement, not substitute, physical education class. Additionally, recess will not be withheld as a punishment. Adult monitors/teachers will encourage physical activity and engage with children whenever feasible. Weather conditions may discourage outdoor recess. School districts should set indoor recess guidelines when outdoor temperature is above/below District-set temperature.</p> <p><b>Physical Activity Guidelines for Americans</b>        Physical activity can be defined as bodily movement that requires more energy than at the body’s resting state. The Physical Activity Guidelines for Americans recommends that children and adolescents get 60 minutes or more of moderate- or vigorous-intensity physical activity throughout the day.  <a href="https://health.gov/paguidelines/guidelines/chapter3.aspx">https://health.gov/paguidelines/guidelines/chapter3.aspx</a></p> <p><b>National Association for Sport and Physical Education Recommendations (NASPE)</b>        NASPE recommends 20 minutes of daily recess and 150 minutes of physical education (PE) per week at the elementary level (and 225 minutes/week at the MS/HS levels). Recess is properly monitored by qualified adults and is not to be viewed as a reward, but as an essential educational support component to all children. Adequate and developmentally safe spaces and equipment is provided for children to engage in enjoyable physical activity.</p> <p><b>Georgia Physical Activity Guidelines</b>        All K-5 public schools in Georgia are required to provide at least 90 contact hours of health and PE instruction per school year. <a href="https://dph.georgia.gov/sites/dph.georgia.gov/files/PAN_toolkit_2.pdf">https://dph.georgia.gov/sites/dph.georgia.gov/files/PAN_toolkit_2.pdf</a></p> <p><b>Recess</b>        Recess is defined as unstructured physical activity among children that is a regularly scheduled period during a school day. This period encourages all children to be physically active and engage in various activities with their peers. Moreover, children are supervised by trained school staff or volunteers. By incorporating recess, children benefit by increasing their physical activity levels, improving their social and emotional development, memory, attention, and concentration, reducing their classroom disruptive behavior, and helping their concentration on classroom assignments.</p>		
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**Adequate Physical Activity Equipment**

Proper, developmentally safe equipment can increase physical activity among children. Thus, equipment must be deemed as safe, using the *Public Playground Safety Handbook* for a safety checklist and equipment guidelines. Routine checkups on recess facilities and equipment will be established to confirm they meet safety standards. Safety rules and guidelines for students will be posted in all physical activity locations and equipment.

**Procedures for Implementation**

The policy will go into effect (date policy will go into effect). The administration will develop a plan for communicating the policy that will include information in student and employee handbooks, and announcements at school-sponsored or school-related events. Other methods will be identified for notifying students, employees and parents/guardians about this policy. An enforcement plan, which identifies behavioral and safety expectations for students, staff and volunteers to create a safe environment for all students, will be created and communicated to all students, staff and parents.

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