

ACTIVE RECESS POLICY

Daily physical activity (exercise) promotes academic achievement. It also improves students' attention span, classroom behavior and attendance. We make physical activity part of each school day. Our school will maintain outdoor play periods on most winter days.

Our school offers at least 20 minutes of active recess for all students, and supervising adults encourage students to be active. Recess should not limit or replace any meal time. Our school schedules lunch periods so students have at least 20 minutes to eat their lunch.

Recess should be scheduled before lunch and is always offered to every student. Recess is never withheld from students as a form of punishment.

Our teachers and staff received the following training about recess this year:

Date: _____
Date: _____

INDOOR RECESS PLAN

_____ pledges to allow students to play outside whenever possible. Temperature alone should not be a barrier to outdoor recess. We will take precautions to make sure our students are appropriately dressed to play.

Who determines when recess will be held indoors? _____

At what time will recess be held indoors? _____

How is the decision to hold recess indoors communicated to the recess staff?

How is the decision to hold recess indoors communicated to the students?

Which spaces are available for indoor recess?

Below is a template for active recess scheduling:

PERIOD	CLASSES	LOCATION	ACTIVITIES	STAFF