



Statement of Beliefs – Recess in Grades K-5

Building unstructured play time into the K-5 day is an important element of the elementary school experience.



Recess represents an essential, planned respite from rigorous cognitive tasks. It affords a time to rest, play, imagine, think, move, and socialize.

Recess helps young children develop social skills in a less structured environment while interacting with peers.

Recess is a time when children have more freedom to choose what they want to do and with whom.

Recess is a complement to, but not a replacement for, a physical education class.

Expectations & Considerations for Recess in Grades K-5

The goal for recess will be approximately 20 minutes, during the school day.

Recess time may be adjusted due to field trips, assemblies, class parties, fitness block days and other special events.

The location of recess can be either indoors or outdoors. Student safety is the prime determining factor when considering the location of recess.

Participation in recess is not to be used as a disciplinary punishment. Recess time cannot be lost. The exception is if the building principal, teacher and parent agree on consequences for misconduct that limit recess participation.

