



**STATE COLLEGE AREA SCHOOL DISTRICT
PANORAMA VILLAGE ADMINISTRATIVE CENTER**

V-B

**240 VILLA CREST DRIVE • STATE COLLEGE PENNSYLVANIA • 16801
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TO: Robert O'Donnell, Superintendent of Schools

FROM: Linda Pierce, Human Resources Director
Vernon Bock, Assistant Superintendent of Elementary Education

DATE: January 4, 2018

RE: New Policy 142 – Physical Activity/Recess

New Policy 142 – Physical Activity/Recess comes to the Board on the January 8, 2018 meeting agenda for review and action. This policy was taken for a second reading at the November 27, 2017 meeting and the minor changes have been made that were discussed. The administration is recommending approval of Policy 142 – Physical Activity/Recess at the January 8, 2018 meeting for the 2018-2019 school year. We will be present for any questions you may have.

Thank you.

STATE COLLEGE AREA SCHOOL DISTRICT

[effective 18/19 school year]

SECTION: 100 - PROGRAMS
TITLE: PHYSICAL ACTIVITY/RECESS
NUMBER: 142
ADOPTED: NEW
STATUS: DRAFT JANUARY 2, 2018

142. PHYSICAL ACTIVITY/RECESS

Purpose

The Board is committed to maintaining a healthy environment for students and staff. As a step toward fulfilling this commitment, the Board establishes this policy to provide for regularly scheduled periods within the K - 6 program for unstructured physical activity and play.

Background

The American Academy of Pediatrics (AAP) advises that, just as physical education and physical fitness have well-recognized benefits for personal and academic performance, recess offers its own, unique benefits. Recess represents an essential, planned respite from rigorous cognitive tasks. In addition, the AAP has identified three overarching benefits to having a recess break during school: cognitive and academic, social and emotional, and physical.

Recess affords a time to rest, play, imagine, think, move, and socialize. After recess, students are more attentive and better able to perform cognitively. In addition, recess helps young children to develop social skills that are otherwise not acquired in the more structured classroom environment.

Studies have shown that when students have recess before lunch, more time is taken for lunch and less food is wasted. Moreover, teachers and researchers noted an improvement in student behavior. The Centers for Disease Control and Prevention and the U.S. Department of Agriculture support the concept of scheduling recess before lunch as part of a school's wellness policy.

Recess is typically a break period of 25 - 30 minutes or longer when children can engage in unstructured free play. By providing a break from classroom activities during the school day,

recess allows children to have more autonomy to engage in the activities they choose. To maximize cognitive benefits, recess should be scheduled at regular intervals, providing children sufficient time to regain their focus before instruction continues.

Guidelines

Each elementary school will have at least 30 minutes included in the daily schedule for recess. Sixth grade students will have a period of 15 minutes or more included within the daily schedule for recess. Specific considerations for recess include:

1. Recess shall be held in addition to scheduled physical education classes.
2. Whenever possible, recess will be held outside of enrichment and intervention activities.
3. Adequate spaces, facilities, equipment, and supplies will be provided.
4. Teachers will ensure all students have access to recess.
 - a. No student may be excluded unless a documented medical condition precludes participation.
 - b. Students with special needs will be provided with reasonable accommodations.
 - c. In the rare situation when a student's behavior presents a safety concern, a precaution may include removal from recess. Behavioral or social intervention will be utilized so that the student can return to recess as quickly as possible.
5. When possible, recess should be scheduled before lunch.
6. Recess will be held outdoors whenever possible, except in the event of inclement weather. In such cases, indoor recess will include physical activity.
7. Structured activities may be available in addition to unstructured, free play.

For more detailed information, see also 142 - G, PHYSICAL ACTIVITY/RECESS - Administrative Regulation

RESOURCES:

Murray, R. & Ramstetter, C. (2013). The Crucial Role of Recess in School. *PEDIATRICS* 131(1)
Retrieved from: <http://pediatrics.aappublications.org/content/pediatrics/131/1/183.full.pdf>

Recess in Schools - Centers for Disease Control and Prevention

Retrieved from: <https://www.cdc.gov/healthyschools/physicalactivity/recess.htm>

STATE COLLEGE AREA SCHOOL DISTRICT

[effective 18/19 school year]

SECTION: 100 - PROGRAMS
TITLE: PHYSICAL ACTIVITY/RECESS - Administrative Regulation
NUMBER: 142 - G
ADOPTED: NEW
STATUS: DRAFT JANUARY 2, 2018

**142 - G. ADMINISTRATIVE REGULATION FOR PHYSICAL
ACTIVITY/RECESS**

Physical activity will be strongly encouraged before, during, and after the instructional day. Recess may be withheld, at the discretion of the principal/designee, only when students' safety is a concern (e.g. - severe weather or student is a risk of harm to self/others). Recognizing that multiple factors influence the timing, length of, and structure of recess during the instructional day, the district is committed to the guidelines below.

Recess is a supervised break and, whenever possible, should:

1. Be at least 30 minutes per day for all K-5 students (K-2 students will have an additional daily 10-15 minute recess or break, weather permitting);
2. Be scheduled before lunch;
3. Be provided to each student and not be withheld for academic makeup or punitive reasons;
4. Be scheduled at a time other than adjacent to physical education classes;
5. Be held outside within the following parameters :
 - a. when temperatures are above 15 degrees Fahrenheit (provided children have appropriate outer garments), in accordance with the following decision-making framework based on National Weather Service wind chill temperatures in Fahrenheit:
 - i. 15 degrees and above = full recess (grades K - 5 → 30 mins, grade 6 →15 mins),

- ii. 10 to 14 degrees = 15 min recess,
 - iii. 5 to 9 degrees = Possible 5 minute brisk walk (principal discretion);
 - b. other factors that may impact outdoor recess include wind gusts, moisture, and current blacktop/playground conditions (principal discretion).
6. Include indoor physical activity during inclement weather (e.g. - quiet walk through halls, calisthenics, yoga, dancing, etc.).

To be effective 18/19

STATE COLLEGE AREA SCHOOL DISTRICT

SECTION: 100 - PROGRAMS
TITLE: PHYSICAL ACTIVITY/RECESS
NUMBER: 142
ADOPTED: NEW
STATUS: DRAFT NOVEMBER 10, 2017

142. PHYSICAL ACTIVITY/RECESS

Purpose

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Background

The American Academy of Pediatrics (AAP) advises that, just as physical education and physical fitness have well-recognized benefits for personal and academic performance, recess offers its own, unique benefits. Recess represents an essential, planned respite from rigorous cognitive tasks. In addition, the AAP has identified three overarching benefits to having a recess break during school: cognitive and academic, social and emotional, and physical.

Recess affords a time to rest, play, imagine, think, move, and socialize. After recess, students are more attentive and better able to perform cognitively. In addition, recess helps young children to develop social skills that are otherwise not acquired in the more structured classroom environment.

Studies have shown that when students have recess before lunch, more time is taken for lunch and less food is wasted. Moreover, teachers and researchers noted an improvement in the student behavior. The Centers for Disease Control and Prevention and the U.S. Department of Agriculture support the concept of scheduling recess before lunch as part of a school's wellness policy.

Recess is typically a break period of 25 - 30 minutes or longer when children can engage in unstructured free play. By providing a break from classroom activities during the school day, recess allows children to have more autonomy to engage in the activities they choose. To

maximize cognitive benefits, recess should be scheduled at regular intervals, providing children sufficient time to regain their focus before instruction continues.

Guidelines

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3. Adequate spaces, facilities, equipment, and supplies will be provided.
4. Teachers will ensure all students have access to recess.
 - a. No student may be excluded unless a documented medical condition precludes participation.
 - b. Students with special needs will be provided with reasonable accommodations.
 - c. In the rare situation when a student's behavior presents a safety concern, a precaution may include removal from recess. Behavioral or social intervention ~~such as a restorative practice~~ will be utilized so that the student can return to recess as quickly as possible.
 - d. When possible, recess should be scheduled before lunch. ~~and, at a minimum, before the end of the day.~~
5. Recess will be held outdoors whenever possible, except in the event of inclement weather. In such cases, indoor recess will include physical activity.
6. Structured activities may be available in addition to unstructured, free play.

For more detailed information, see also 142 - G, PHYSICAL ACTIVITY/RECESS - Administrative Regulation

RESOURCES:

Murray, R. & Ramstetter, C. (2013). The Crucial Role of Recess in School. *PEDIATRICS* 131(1)
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STATE COLLEGE AREA SCHOOL DISTRICT

SECTION: 100 - PROGRAMS
TITLE: PHYSICAL ACTIVITY/RECESS - Administrative Regulation
NUMBER: 142 - G
ADOPTED: NEW
STATUS: DRAFT OCTOBER 24, 2017

142 - G. ADMINISTRATIVE REGULATION FOR PHYSICAL ACTIVITY/RECESS

Physical activity will be strongly encouraged before, during, and after the instructional day. Recess may be withheld, at the discretion of the principal/designee, only when students' safety is a concern (e.g. - severe weather or student is a risk of harm to self/others). Recognizing that multiple factors influence the timing, length of, and structure of recess during the instructional day, the district is committed to the guidelines below.

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2. Be scheduled before lunch;
3. Be provided to each student and not be withheld for academic makeup or punitive reasons;
4. Be scheduled at a time other than adjacent to physical education classes;
5. Be held outside within the following parameters :
 - a. when temperatures are above 15 degrees Fahrenheit (provided children have appropriate outer garments), in accordance with the following decision-making framework based on National Weather Service (**NWS**) wind chill temperatures in Fahrenheit:
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- 6. Include indoor physical activity during inclement weather (e.g. - quiet walk through halls, calisthenics, yoga, dancing, etc.).