

How To Make Help Create an Active Recess

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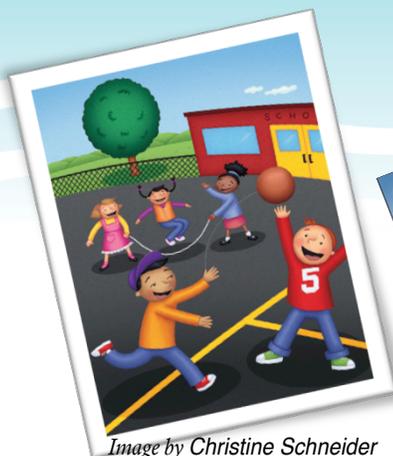


Image by Christine Schneider



Create Zones

Each season the playground must be assessed for safe play. Zones must be well established on the playground and supervised while children are playing in each zone.

Common zones include:

Large playground equipment with deep fall zone

Blacktop area: bouncing ball games; jump rope; hop scotch; four and two square; running and walking; tetherball.

Grassy area: soccer; base type striking games; football type games; tag games; older children group games.

POST RULES & TEACH Rules to all SUPERVISORS & students using the playground.



Teach Children HOW to play appropriate games in playground zones

The CDC recommends 20 minutes of non-structured play/recess each day with equipment and supplies needed to be physically active on the playground.

KEY FOR SUCCESS

Integrate ACTIVE RECESS as a SCHOOL ACTION PROJECT.

For success, all school personnel must take an interest in the play and activity of children. Classroom teacher may help teach new rules of activities while the physical education teacher helps teach new activities, the art teacher may help develop new rules posters, and the school counselor & school nurse help integrate safety and social rules. When everyone works together, an **ACTIVE RECESS** is possible.

TEACH RULES – ENFORCE RULES

PLAY
Share
Agree on rules
Games are open to new players
EVERYONE participates

EQUIPMENT
My hands and feet will retrieve my own equipment.
Use equipment for intended purpose

SELF & OTHERS
Appropriate language
Be kind
Ask if you may play
Play by all rules
Use positive words

Create Seasonal Zones

Evaluate the safety of the playground each season.

Teach students where to play safely and monitor the playground for safe play. Close areas of the playground when play is not safe.

Blacktop Activities

Delineate games/activities safe for the blacktop. These are generally bouncing and jumping games. Examples include: Four and Two square, jump rope activities, hop scotch, basketball, net games, all activities where markings have been painted on the blacktop. Avoid any kicking games or striking games on the blacktop. The following resource is a great beginning for an Active Recess: [Ultimate Playground and Resource Game Book](#)

Grassy Area

Grassy areas are safe for kicking, running, striking and fast paced activities including but not limited to: soccer activities, striking games or field games, tag games, and running type challenges. Areas for kicking games must be separated from playground equipment. The following resource is a great beginning for an Active Recess: [Ultimate Playground and Resource Game Book](#)

Large Apparatus

A team of play experts from Louisiana State University and the American Alliance Physical Activity and Recreation (AAPAR) has created a new curriculum to promote fitness for children of all ability levels through the use of playground equipment. **Play On!** includes full-color photos and clear instructions for 100 learning activities for children in grades K-5.

<http://www.aahperd.org/aapar/programs/Play-On.cfm>

School teachers, community leaders, and kids will all enjoy exploring new ways to play: climbing, swinging, sliding, spinning, balancing, running, jumping, and more. The learning activities are consistent with National Association for Sport and Physical Education standards and include some variations for children with disabilities. Safety and teaching tips are provided to help the educator guide students safely and effectively through the activities. AAPAR is also helping First Lady Michelle Obama launch **Let's Move**.

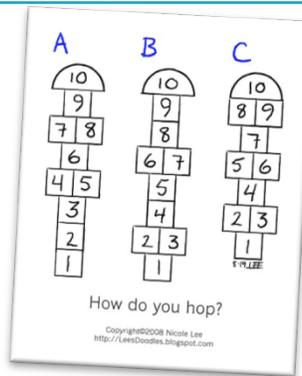


175 pages of activities to help children get moving in an easy to use 3 ring binder.

Available through AAPAR:

http://iweb.aahperd.org/iweb/Purchase/ProductDetail.aspx?Product_code=302-10197





How to get started with an Active Recess:

1. Integrate Recess into a SCHOOL ACTION PROJECT
2. Purchase and teach activities in [Ultimate Playground and Resource Game Book](#). Both physical education teachers and classroom teachers can integrate the playground games into units.
3. Develop a RECESS handbook for the school (on-line resources available)
4. Pedometer Play at recess
<http://www.uen.org/Lessonplan/preview.cgi?LPid=16271>
 Integrate math and physical activity while challenging the children to more physical activity.
 Hike across the USA using LOG IT on PE Central. A pedometer-recording program for 3rd grade up
<http://www.peclogit.org/logithikepreview.html>
 Log It Home:
<http://www.peclogit.org/logit.asp> A free tracking program for schools using pedometers to record student activity.
5. Increase the use of games and equipment during recess
6. Teach students how to use each area of the playground and review rules each new season.
 - a. Post Playground Rules – teach and hold children accountable for the rules of play
<http://www.educationworld.com/admin/admin/admin519.shtml>
 - b. Paint colorful game markings on blacktop
 - c. Allow different developmental levels private use of *Large Equipment* area (swings, climbing equipment, slides). Avoid allowing fifth grade to play on the large apparatus at the same time as the first grade.
 - d. Establish *Grassy* area games and activities (soccer field, kick ball area, throwing balls)
 - e. Teach and support activities for the *Black Top* area (bouncing balls, jump ropes, four and two square, hopscotch, basketball, tether ball)
- f. Consider Recess Before Lunch (Students play and then eat)
<http://www.educationworld.com/admin/admin/admin389.shtml>
7. Provide consistent set of rules for each area of the playground
8. Provide equipment choices for each area of the playground.
9. Allow all children to participate in recess activities. Avoid withholding recess from students who misbehave in other academic classes.
<http://www.educationworld.com/admin/admin/admin179.shtml>
 - a. Playground Passes:
<http://web.archive.org/web/20030802120604/http://www.prairie.ca/~roakden/playpass.htm>
10. Teach children appropriate children's games at each grade level.
 - a. Blacktop games:
<http://www.gameskidsplay.net/>
 - b. MOST POPULAR PLAYGROUND GAMES
 1. 4 square
 2. Longball
 3. Basketball
 4. Around the World
 5. Tetherball
 6. Multi-use Circle
 7. Wallball
 8. Alphabet Track
 9. Running Track-Painted Line
 10. KDG- Tricycle Track
 11. Prisoner Court (VB)
 12. Skipping Track
 13. US Map
 14. Hop Scotch
 15. Beanbag Toss

NASPE STANDARDS MET THROUGH ACTIVE RECESS

Standard 3: Participates regularly in physical activity

Standard 4: Achieves and maintains a health enhancing level of physical fitness

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.



According to a recent press release from Huntington Learning Center in Glendale, Arizona:

- Unstructured play helps children manage stress and reduce anxiety
- Recess creates a setting in which children learn and practice social skills and must be creative with how they choose to spend their free time.
- Children who take breaks between performing school tasks are more attentive and alert afterward.
- Recess allows children to explore, which stimulates their imaginations and fosters critical thinking skills.
- Breaks between rigorous studying or working improve brain function and memory.
- According to a 2009 study at Yeshiva University's Albert Einstein College of Medicine, children who receive more recess behave better and are likely to learn more.

Hands-on Workshop

Sample time and content outline:

12:30

Keys to success

What makes great recess programs work?

Rules

Generation of Change

Participant interaction, discussion, and questions

1:00

Playground Zones

Drawing your playground and making changes for your school

Playground Safety

Supervision and positive interaction

All children participate

Participant interaction, discussion, and questions

2:00

Games and Activities

Changing the activities each month and season

Barriers to Success

Individualizing playground needs for each community

Conclusion and participant discussion and questions