

Make the Most of Recess



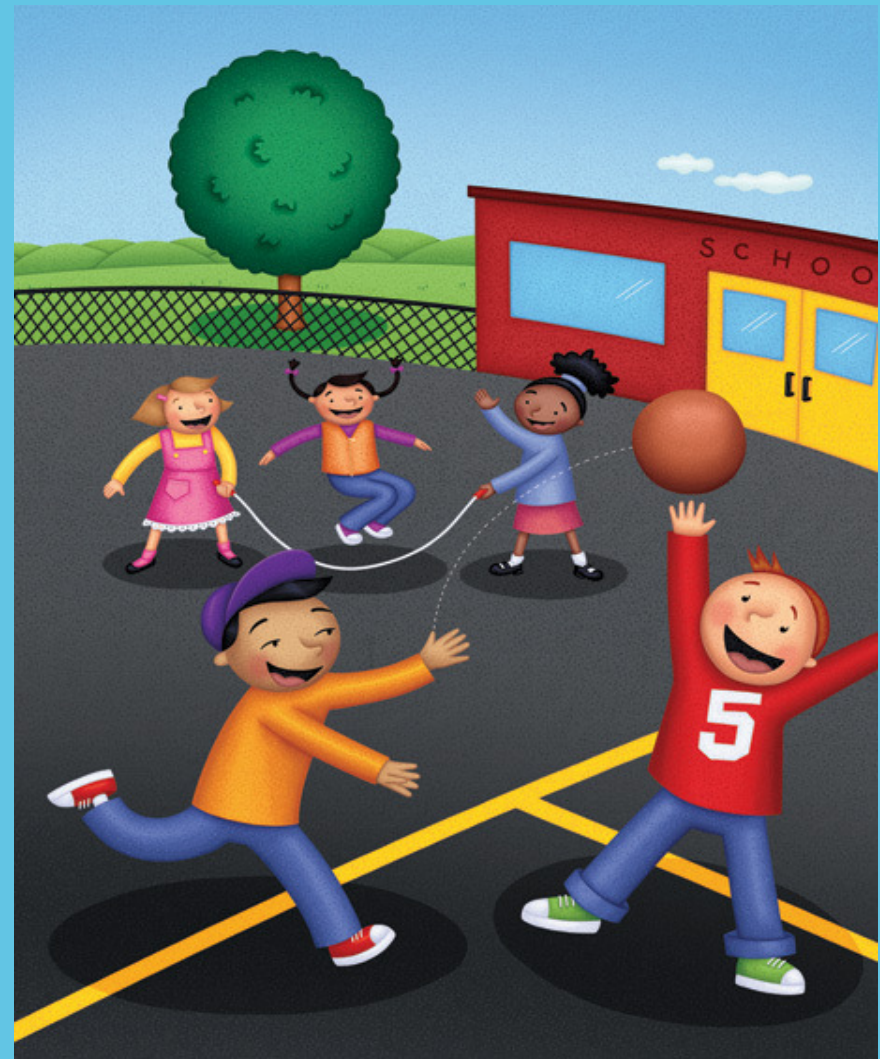
Physical Activity

- Did you know kids should get **AT LEAST 60** minutes of physical activity every day?
- How many do you get every day?



Why recess is important

- It's fun
- It releases energy
- It gets you moving
- It works your imagination
- It helps you concentrate better in class



Fun activities for recess

- Put together a jump rope routine
- Throw a Frisbee
- Hula Hoop
- Start a soccer or basketball game



After recess



Focus and try your best in class.

Continue to be active for the rest of the day.

Play the same fun activities from recess with your siblings or friends at home!

Quick Quiz!

- How many minutes of physical activity should kids get each day?

