



Statement of Beliefs – Recess in Grades K-5

Building unstructured play time into the K-5 day is a critical element of the core 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 to develop social skills that are otherwise not acquired in the more structured classroom environment.

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, physical education.

Expectations & Considerations for Recess in Grades K-5

The timeframe for recess will be approximately 20 minutes, ideally in an uninterrupted block.

Recess time may need to be adjusted or resumed on another day due to field trips, assemblies, class parties 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, it cannot be earned or lost. The exception is if the building principal, teacher, and parent agree on consequences for misconduct that limit recess participation.