

## **Instruction**

### **Physical Activity**

#### **Recess**

The Board of Education takes the position that recess is an essential component of education and that preschool and elementary school children must have the opportunity to participate in regular periods of active, free play with peers. Recess is a break during the school day set aside to allow children for active free play.

The school Principal shall issue regulations regarding the timing and location of breaks/recesses at each school. In determining the schedule for unstructured break time/recess for students, the Principal shall consult with appropriate instructional personnel at the school and system level, as appropriate to insure that break time/recess does not interfere with and provides support for academic learning. The Principal shall also issue directions or regulations concerning the responsibility of supervision of students so that break time/supervision will be a safe experience for them.

Recess may not be withheld from students for disciplinary or academic reasons, however, it may be held in an alternative setting as needed and shall not be inconsistent with any behavioral plan developed by the school for the student, including a Section 504 plan or an Individualized Education Plan (IEP).

The physical activity during recess should involve physical exertion of at least a moderate intensity level and for a duration sufficient to provide a significant health benefit to students.

Legal Reference:                      Connecticut General Statutes  
   10-16b Prescribed courses of study.  
   10-220 Duties of boards of education.  
   P.A. 04-224 An Act Concerning Nutrition in Schools, Recess and  
   Lunch Breaks

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NEW LONDON PUBLIC SCHOOLS  
  
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