

Recess Best Practice Recommendations

- [All elementary students](#) should have the opportunity to participate in daily recess; try to refrain from withholding recess as punishment for infractions that occur within the school building
- Encourage [universal participation](#) by offering multiple choices and options on the playground
- [Outdoor recess](#) should take place whenever possible, however, if the playground becomes unsafe or weather is an issue, a gym or other larger area is preferred over a classroom
- [20 minutes](#) long
- [Recess before lunch](#)
- Recess is supervised by [trained playground staff](#) who encourage positive behavior and encourage participation
- Create a [playground map](#) for students that consists of all boundaries and activity zones
- Provide [quality equipment](#) for students to ease congestion on the playground apparatus and to increase participation
- Students and staff should be taught [playground expectations](#) and rules; they should be posted in accessible areas and enforced consistently