



Parents Saving Recess



Recess Doctor



Presenter



Carrie Flint
Certified Trainer


Recess Doctor



Webinar Basics

- * Blue box on side is chat box or use question box.
- * We will have a Q&A later on in the webinar
- * Fill out Survey at the end when you sign off to receive webinar slides.
- * Save Recess Toolkit


Recess Doctor



Take a Poll

- * Raise your hand if you had recess when you were in school?
- * Does your school currently have recess?
- * Is there a discussion of possibly eliminating recess at your school?


Recess Doctor



National Statistics on Recess


Approximately Only 50% of children are getting recess

- No Child Left Behind (emphasis on academics)
- Liability Increasing
 - (Not supported by legal data)
- Supervision




Category	Percentage
No Recess	50%
Recess	50%

Recess Doctor




Recess...Is Important for our Kids

99% of PTA parents and teachers say that recess is important for elementary school children



Group	Percentage
Parents	99%
Teachers	99%



Recess Doctor



Is Recess Important?

PARENT'S & TEACHER'S Key Opinions:

- * 75% disagree that all school time should be spent on academics
- * 90% disagree that recess is a waste of time
- * 3 out of 4 agree that recess should be mandatory!


Do Kids Need Recess?



No One likes all work and no play.
We ALL need RECESS

**Mental Break
Get Moving
Enjoy Activity of Your Choice**



Numerous Benefits....

Do Kids Need Recess?

RECESS provides the opportunity for students to be physically active in activities they enjoy and are age appropriate .



PHYSICAL ACTIVITY
A key to combating the obesity crisis facing our youth.


CDC RECOMMENDATIONS

Guidelines for Youth

- * 60 or more minutes of physical activity daily, most of which should be aerobic.
- * At least 3 days of week of:
 - * Vigorous-Intensity Physical Activity
 - * Muscle-Strengthening Physical Activity
 - * Bone Strengthening Physical Activity
- * PHYSICAL ACTIVITIES SHOULD BE AGE APPROPRIATE, BE ENJOYABLE, AND OFFER VARIETY






Do Kids Need Recess?




EXERCISE Gives Power to the BRAIN

Research by Brink (1995) suggests that capacity to master new information and recall past information is enhanced by biological and chemical changes in the brain caused by exercise.



Do Kids Need Recess?



Physical Activity not only has physical benefits but mental as well....


The CDC (1997), reports that regular physical activity is associated with higher levels of self-esteem and lower levels of anxiety in adolescence.

Children have achieve better success in all areas when they have a positive self-image.

Do Kids Need Recess?

There is value to PLAY
Play contains all developmental tendencies.



Children are at their highest level of development when they are at play. Vygotsky (1978)

Researchers have discovered that play is related to greater creativity and imagination and even to higher reading levels and IQ scores.


*Based on the research evidence, a new equation is in order: **PLAY = LEARNING.**
Hirsch-Pasek & Golinkoff (2003)

Rebecca Doctor

ADHD

Lack of Sufficient Play may be a Cause of the Impulse Control problem we label ADHD.

(Hara Marona-NRPA National Congress 2008)



Rebecca Doctor

Do Kids Need Recess?


IMPROVED STUDENT BEHAVIOR.....

Investigators in Georgia studied the effects of an activity break on classroom behavior in a sample of 43 fourth-grade students in 1998.

Students without a break exhibited significantly less on-task behavior and were fidgeting more. [xiii]

Rebecca Doctor

The Risk of Recess Elimination



Many school districts across the country are reducing or eliminating time devoted to recess in effort to improve test scores.

They have the belief that time is more wisely spent on academics.

HOWEVER.....Research Proves Otherwise

Rebecca Doctor

Physical Activity Contexts

- * Physical education
- * Recess
- * Classroom-based
- * Extracurricular

Academic Outcomes

- Achievement (grades, test scores)
- Behavior (time on-task, attendance, conduct)
- Cognitive skills and attitudes (concentration, memory, mood)

The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
Atlanta, GA

www.cdc.gov/HealthyYouth/health_and_academics/pdf/na-pe_paper.pdf

Rebecca Doctor

The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
Atlanta, GA

http://www.cdc.gov/HealthyYouth/health_and_academics/pdf/na-pe_paper.pdf

- * # studies analyzed: 50
- * # associations between school-based physical activity programs and academic achievement: 251
- * % associations positive: 50.5%
- * % associations negative: 1.5%
- * % with no association: 48.0%



Rebecca Doctor

MORE RESEARCH



In "The State Of Play", a recess report released in February 2009,

8 out of 10 principals reported that recess has a positive impact on academic achievement.

The same report cited that **96%** and **97%** of principals respectively reported that recess positively impacted social development and general well being. [xiv]






The Value of Recess

Recess and Free-play affects the personality, character, and abilities of every child, and therefore greatly influences the type of adults they become

(This may be the only setting in a child's daily life for some children to practice their social skills with their peers)

Organizations Supporting Recess




POSITION STATEMENTS SUPPORTING RECESS



-  - National PTA
-  - NASPE (National Association for Physical Education and Sport)
-  - National Association of Early Childhood Specialists in State Departments of Education




Organizations Supporting Recess



POSITION STATEMENTS SUPPORTING RECESS

-  - National Association for Education of Young Children
-  - National Elementary School Principal's Association
-  - American Association for A Child's Right to Play

How You Can Support the Value of Recess

- * Talk to Classroom Teacher
- * Talk to Principal
- * Talk to PTA/PTO Board Members
- * Talk to your Neighbors & Parents
 - Gather Information (State Law etc.)
- * Write letter to School Board
- * Write letter to local newspaper/media
- * Contact Legislator
- * Attend upcoming events in Support of Recess

Right to Recess Campaign

- * Download the Right to Recess Toolkit
- * www.peacefulplaygrounds.com/right-to-recess.htm
- * Peaceful Playgrounds, Inc offers materials online to start your own Right to Recess Campaign. It includes a webinar, speaker's guide, tips to get you started, and tons of resources about the value of recess and play






Peaceful Playgrounds *play nice!*
www.peacefulplaygrounds.com
(977) 444-0888

Do you have some thoughts, questions or solutions to share. Post them to our comments on our Facebook page.

Thank You!

