

Play Nice! Newsletter

June 2006 ©peacefulplaygrounds 2006

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School Talk

All elementary school children should be provided with at least one daily period of recess of at least 20 minutes in length.

NASPE 2006



Peaceful Playgrounds

FREE INFORMATION!



Recess Time -Well Spent!

A great overview article on recess, the history of recess, background on the elimination of recess, link to academics, benefits of recess, and what experts are saying about recess can be found on the website link below.

Additionally the paper compiles links to 7 position papers on recess from national organizations and also provides a great reference list of books and research on recess.

http://www.simpleliving.net/timeday/pdf/newsletter_february_2006/Recess_Project.pdf

"Calories in, Calories Out: Food and Exercise in Public Elementary Schools"

Findings from this national report included:

- Most public elementary schools reported daily recess, with the proportion of schools reporting from 83 to 88 percent across all elementary grades.
- While almost all public elementary schools (99 percent) reported that they scheduled physical education for elementary grades, the proportion of schools that provided daily physical education ranged from 17 to 22 percent across elementary grades.

To browse the report, please visit:

[Elementary School Pedometer Wellness Program Information](#)

Tired of playground hassles and headaches?

www.peacefulplaygrounds.com/benefits.htm

Recess Position Paper Released

It is the position of the National Association for Sport and Physical Education (NASPE) that all elementary school children should be provided with at least one daily period of recess of at least 20 minutes in length.

Recess is an essential component of a comprehensive school physical activity program and of the total education experience for elementary school students. Various organizations including the United States Department of Health and Human Services and the United States Department of Education (USDHHS & USDE, 2000), Centers for Disease Control and Prevention (CDC, 1997), National Association for the Education of Young Children (NAEYC, 1998), and American Association for the Child's Right to Play (IPA/USA) support school recess as an integral component of a child's physical, social, and academic development.

For more information and to download the position paper - go to:

<http://www.aahperd.org/naspe/template.cfm?template=position-papers.html>