

Recess in K-8 Schools

Why are some schools cutting down?

Olivia Jordan
Andrews University

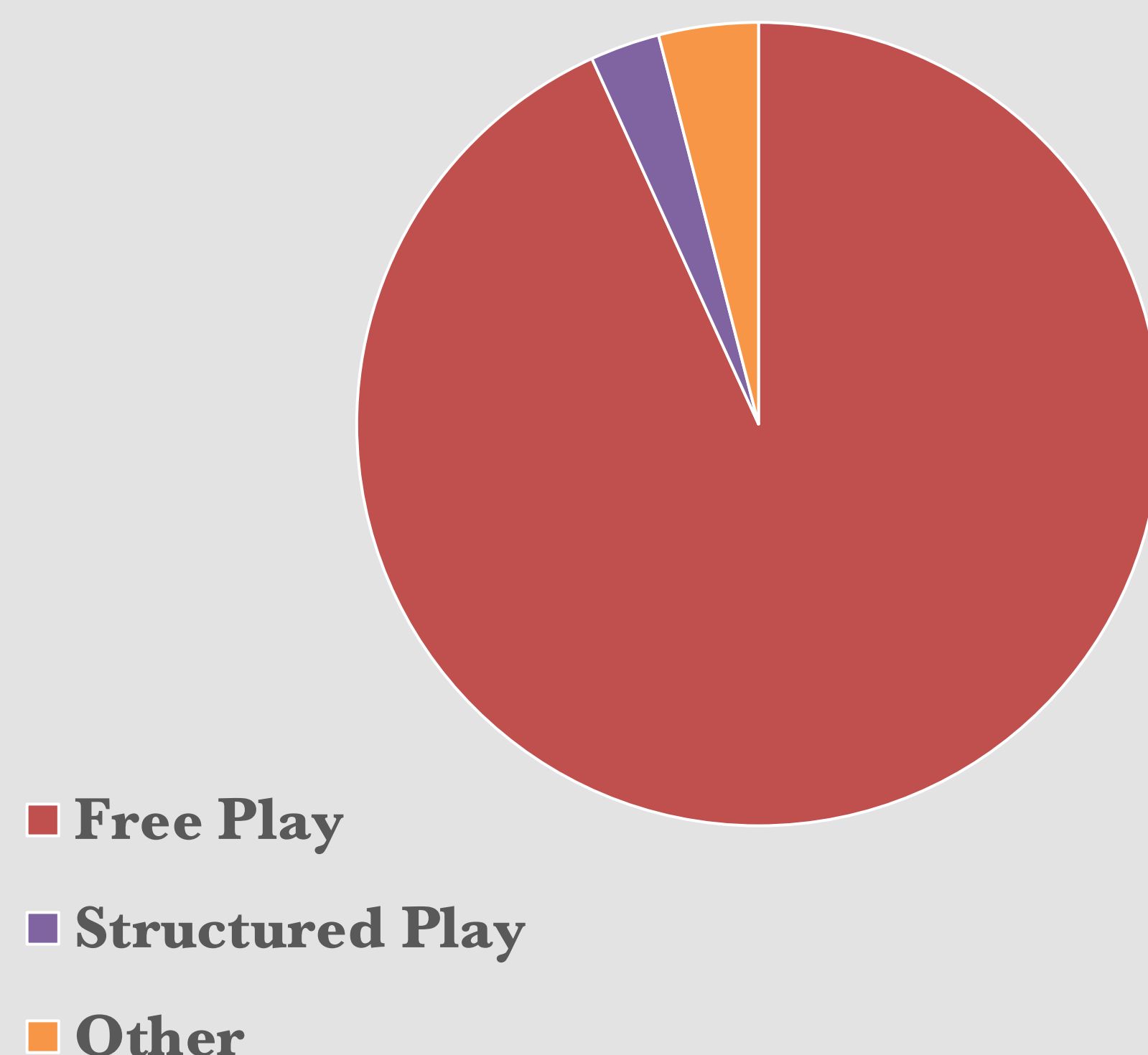
Overview

Recess is an important part of our elementary schools today. Schools across the country have taken away recess while others have required a certain amount of recess each day. This poster takes you through the positive and negative sides of recess so you can make an educated decision for your school.

Pros of Recess

- Refreshes children's brains
- Allows for creativity
- Heightens focus
- Increases a child's social, emotional, physical, and cognitive processes
- Improves classroom behavior
- Students progress faster with movement rather than sitting all day

Breakdown of Recess Structure



Teachers use recess as a motivator



Cons of Recess

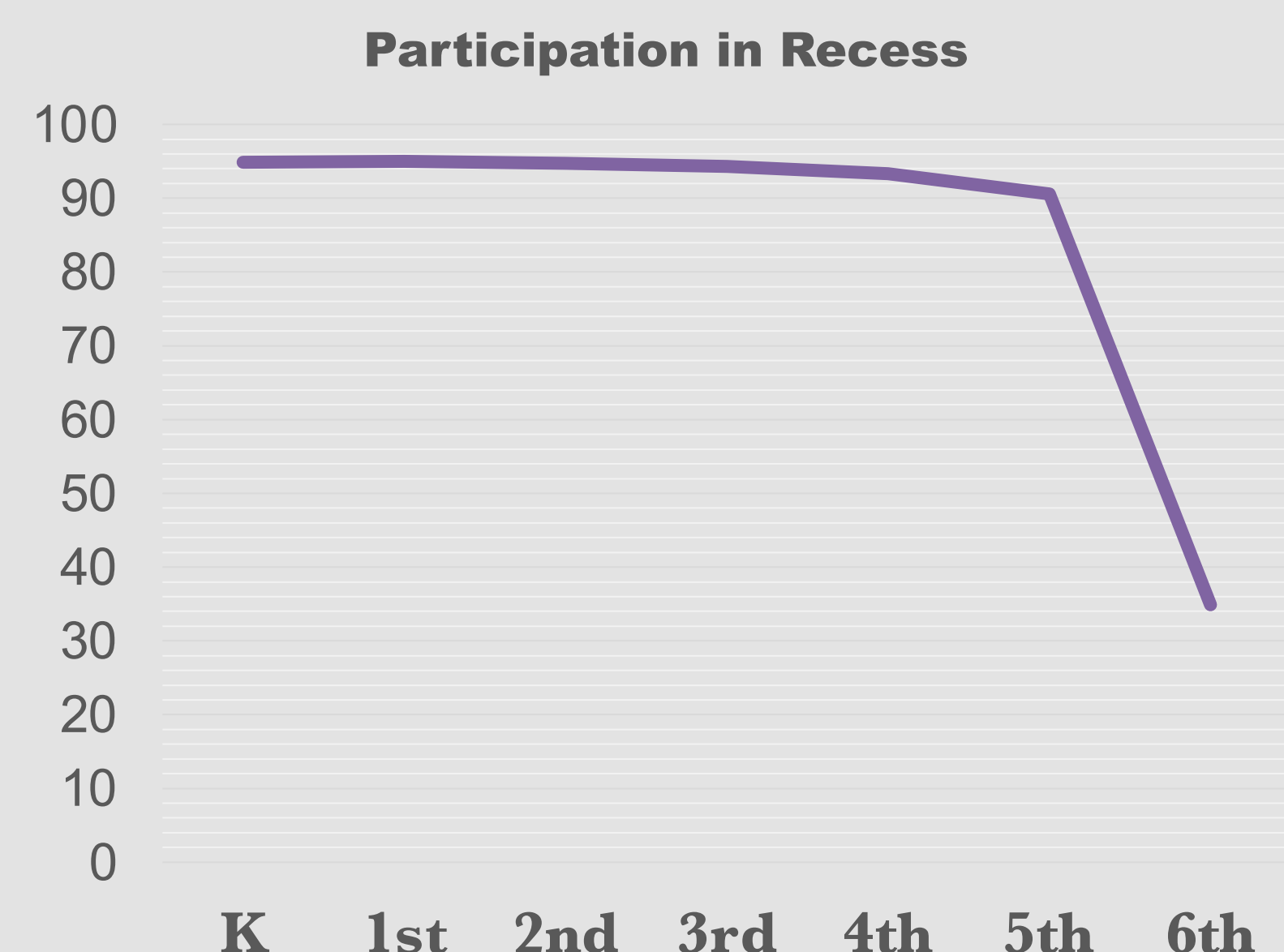
- Time could be spent focusing on academic achievement instead of playing
- Administrators feel more pressure for higher academic achievement than ever before
- Increase in emphasis of standardized testing requires more focus in core subject areas and less in minor subject areas
- Allows for playground bullying
- Can be used negatively as motivator

My Thoughts

Recess is a very necessary part of our school systems. Even if it is only for 20 minutes a day, it should be included. Students can only listen to a lecture for their age plus two minutes. It is important that movement breaks up long lectures for optimal learning. Research shows that students have higher academic achievement after having just 20 minutes of recess.

Participation in Recess by Grade

The line graph below shows the decline of recess as students progress through elementary school.



Resources

Scan the QR Code to view sources

