Strategies for Recess in Schools

Make Leadership Decisions
1. Identify and document recess policies.
2. Put documented recess policies into practice and revise as needed.
3. Develop a written recess plan.
4. Designate spaces for outdoor and indoor recess.
5. Establish weather guidelines to ensure student safety.
6. Train school staff and volunteers for recess.

Communicate and Enforce Behavioral and Safety Expectations
7. Establish and communicate behavior management strategies.
8. Teach conflict resolution skills.
9. Ensure that recess spaces and facilities meet recommended safety standards.

Create an Environment Supportive of Physical Activity During Recess
10. Provide adequate physical activity equipment.
11. Add markings to playground or physical activity areas.
12. Create physical activity zones.
13. Provide planned activities or activity cards.

Engage the School Community to Support Recess
15. Establish roles and responsibilities for supervising and facilitating recess.
16. Involve students in planning and leading recess.
17. Mobilize parents and others in the school community to support and sustain recess at school.

Gather Information on Recess
18. Track physical activity during recess.
19. Collect information on recess to show the effect on student and school outcomes.