Over the course of the school year, that means 57 million footsteps could run across the playground at recess.

If there is no recess, that is 0 steps on the playground.

In a school with 300 students, 600 feet will be outside playing on the playground every day.

Students are active for an average of 1,062 steps during a recess period. The playground could see 318,600 or more steps each day during recess.

If students are active half of the time at recess, that is a conservative 29 million or more footsteps in one school year.