How will we implement structured recess?

- UCSD's Toolkit!
- The CDC provides strategies for implementing recess and ensuring a healthy recess environment.

Strategies for Recess in Schools



Make Leadership Decisions

- Identify and document recess policies
- 2. Put documented recess policies into practice and revise as needed
- . Develop a written recess plan.
- 4. Designate spaces for outdoor and indoor recess.
- Establish weather auidelines to ensure student safety
- 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.
- Ensure that recess spaces and facilities meet recommended safety standards.



Create an Environment Supportive of Physical Activity During Recess

- Provide adequate physical activity equipment
- Add markings to playground or physical activity area
- Create physical activity zones.
- Provide planned activities or activity card
- 14. Provide a combination of recess strategies



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.
- 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.
- Collect information on recess to show the effect on student and school outcomes.





Make Leadership Decisions



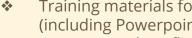
- Template for Recess Plan
- Training materials for staff (including Powerpoint) regarding new recess structure and behavior management strategies

UCSD Toolkit will provide:



Communicate and Enforce Behavioral and Safety Expectations

- 9. Ensure that recess spaces and facilities meet recommended safety standards.



Training materials for student body presentation (including Powerpoint) regarding new recess structure and conflict resolution skills



Create an Environment Supportive of Physical Activity During Recess



- Information on Zone Mapping
- A complete Activity Card Playbook for all types of zones and various equipment



Engage the School Community to Support Recess

- 16. Involve students in planning and leading recess.

Roles and Responsibilities Checklist

Materials for Stakeholder Presentation (including Powerpoint)



Gather Information on Recess

- 19. Collect information on recess to show the effect on student and school outcomes.



Evaluation form to assess new recess strategies