

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



1

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.



2

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.



3

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.
14. Provide a combination of recess strategies.



4

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.



5

Gather Information on Recess

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



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



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UCSD Toolkit will provide:

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



2

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.

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



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



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- ❖ Roles and Responsibilities Checklist
- ❖ Materials for Stakeholder Presentation (including Powerpoint)



5

Gather Information on Recess

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

- ❖ Evaluation form to assess new recess strategies