



Eco-Schools USA Healthy Living Audit

Recess Policy



Learning Objectives

- Identify school policies regarding recess.
- Investigate the links between physical activity and related illnesses or conditions such as childhood obesity, diabetes, and others.
- Raise awareness about the importance of recess, physical activity, and time outdoors.
- Provide information about benefits associated with recess to the school population, families, and wider community.

Curriculum Links

Physical Education, Environmental Education, Health

Eco-Schools USA Pathways

Healthy Living, School Grounds, Transportation

FORMAL RECESS POLICIES

Does your **school district/state** have a written policy that specifies the number of recess minutes per day students should receive?

Yes No Don't Know

If **Yes**, how many minutes per day? _____ minutes

Does your **school** have a written policy that specifies the number of recess minutes per day students should receive?

Yes No Don't Know

If **Yes**, how many minutes per day? _____ minutes

Does your **school district/state** have a written policy requiring that students be provided with organized activities during recess?

Yes No Don't Know

Does your **school** have a written policy requiring that students be provided with organized activities during recess?

Yes No Don't Know

Does your **school district/state** have a written policy requiring recess supervisors to receive formalized training on playground supervision?

Yes No Don't Know



Eco-Schools USA Healthy Living Audit

Recess Policy



<p>Does your school have a written policy requiring recess supervisors to receive formalized training on playground supervision?</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
<p>Does your school district/state have a written policy that specifies a maximum student-to-supervisor ratio during recess?</p> <p>If Yes, what is the ratio? _____ Students : 1 Supervisor</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
<p>Does your school have a written policy that specifies a maximum student-to-supervisor ratio during recess?</p> <p>If Yes, what is the ratio? _____ Students : 1 Supervisor</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
<p>Does your school district/state have a written policy requiring regular maintenance of playground facilities and equipment?</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
<p>Does your school have a written policy requiring regular maintenance of playground facilities and equipment?</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
GENERAL SCHOOL PROFILE OF RECESS	
<p>Does your school provide all students with scheduled recess daily?</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
<p>On average, how many total minutes per day does a student have recess? (Do not include time for lunch when students are eating and are not physically active)</p>	<input type="checkbox"/> < 15 minutes of recess per day <input type="checkbox"/> 15 to 20 minutes of recess per day <input type="checkbox"/> > 21 minutes per day
<p>How often do classroom teachers/counselors keep individual students from recess to fulfill academic requirements?</p>	<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Very Often
<p>During favorable weather conditions, are students encouraged to stay outdoors during recess?</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know
<p>During inclement weather, are students encouraged to go outdoors during recess?</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know

Adapted from S-PAPA, Lounsbery, et al, funded by the Robert Wood Johnson Foundation