



# Sample Recess Action Plan



What is the issue?	What action will we take?	Who will do it?	When will it be done?	How will we monitor progress?	How will we know if we succeeded?	What will it cost?
<p><b>Scenario 1</b> Recess is 30 minutes twice a week for K-2<sup>nd</sup> grades.</p>	<ol style="list-style-type: none"> <li>1. Research the benefits of regular outdoor play for students.</li> <li>2. Create a presentation about the links between academic success and better behavior with increased time outdoors.</li> </ol>	<ol style="list-style-type: none"> <li>1. The Eco-Action team will research the benefits of recess and examine examples or case studies of schools that have shown to benefit from regular outdoor play.</li> </ol>	<p><b>Mid-October</b> Research and case studies gathered and reviewed.</p>	<p>Have timeline in view and visit it often to stay on target. Make modifications if needed.</p>	<p>We have the support of our school administration and staff.</p>	<p>No additional costs beyond student and staff time.</p>
<p><b>Scenario 2</b> There is no recess at all for 3<sup>rd</sup>-6<sup>th</sup> grade so students can focus on academics.</p>	<ol style="list-style-type: none"> <li>3. Present information and gain support of the staff and administration.</li> </ol>	<ol style="list-style-type: none"> <li>2. The Eco-Action team will meet with school administrators and/ or staff to present their fact- based case.</li> </ol>	<p><b>Before Thanksgiving</b> Prepare presentation and present case to administration and staff.</p> <p><b>December-January</b> Develop and roll out a Recess Awareness Campaign.</p>	<p>Ongoing and short surveys can be developed to gain feedback from administrators, staff, and students.</p> <p>An informal or formal evaluation can be conducted regarding benefits of recess associated with behavior and academics.</p>	<p>We have support from many parents and community members.</p> <p>Results from our surveys show better behavior in the classroom, more engagement and more academic success when students have recess.</p>	
<p><b>Scenario 3</b> In preparation for state testing, there is no recess from January through the end of April.</p>	<ol style="list-style-type: none"> <li>4. Raise awareness by creating a Recess Campaign.</li> <li>5. Involve parents and community organizations in the campaign.</li> </ol>	<ol style="list-style-type: none"> <li>3. The Eco-Action team will develop an awareness campaign and devise ways to reach out to the school community.</li> </ol>	<p><b>February</b> Plan and create materials for outreach to parents and community members.</p> <p><b>March-April</b> Plan and hold a celebration embracing Healthy Living and outdoor play.</p>	<p>Testimonials can be uploaded to the school website.</p>	<p>Our school implements a 30 minute recess every day of the week for all grade levels in addition to P.E.</p>	