

Active Recess Video Series Worksheet

Note: If you are using these questions to facilitate group discussion, consider using a round-robin approach to ensure that you involve everyone in your group.

Video 1: Introduction to Active Recess

Does your school:

- Provide 20 minutes of recess per day for each student?
- Provide recess before lunch?
- Refrain from withholding recess as punishment?

Does your school district:

- Include recess in the district wellness policy?
- Provide ongoing professional development for recess supervisors?

If you responded no to any of the above, what steps can you take to address these best practices with school leadership? Provide your answers below.

Video 2: Playground Expectations

How does your school:

- Communicate playground expectations to students and staff?
- Promote and reward positive playground behavior?
- Address behavioral issues on the playground?

What steps can you take to ensure that responses above are consistent among recess supervisors? Provide your answers below.

Video 3: Mapping the Playground

Does your school:

- Have a map of your playground?
- Have the playground map posted and are students oriented to the map?
- Make necessary accommodations for students with special health care needs for participation in recess (play areas, game modifications, etc.)?
- Have a plan for maintenance and replacement of equipment?

If you responded no to any of the above, what steps can you take to ensure these best practices are implemented in your school? Provide your answers below.

Video 4: Taking Recess Inside

Does your school:

- Have a policy regarding indoor recess?
- Have a plan for activities during indoor recess?
- Have adequate supervision for indoor recess?

If you responded no to any of the above, what steps can you take to ensure these best practices are implemented in your school? Provide your answers below.

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