



<https://ciraontario.com/>

## **RECESS FACTS & STATS**

- Lack of space was recognized as an important barrier for active play during recess. Harten et al. found in an explorative study that boys in large-space areas were more objectively active compared to boys in a small-space area. Physical activity levels during recess are low, especially in girls. (<http://www.biomedcentral.com/1471-2458/13/1154> December 2013)
- Ridgers et al. Hypothesized that children should engage in MVPA (moderate-to-vigorous physical activity) for a minimum of 40% of recess; however, only 14.9% of the boys and 4.3% of the girls met this recommendation in the UK. (<http://www.biomedcentral.com/1471-2458/13/1154> December 2013)
- Various School PE environmental variables were found to be significantly associated with reduced PE time but more recess time... Schools possibly substitute one form of physical activity for another rather than providing the recommended levels of both PE and recess. (**Source:** Annals of Behavioral Medicine **Date:** February 2, 2013)
- PE environmental variables can have important implications for recess time ([Annals of Behavioral Medicine](#). Feb2013 Supplement, Vol. 45, p131-141. 11p. 1 Diagram, 5 Charts.)
- Bringing in equipment was cross-sectionally associated with 3.2% more MVPA during break times. Providing equipment and reducing restrictions on bringing in sports equipment to school may promote physical activity during school recess (PLoS ONE. Feb2013, Vol. 8 Issue 2, p1-8. 8p)
- Researchers believe that exercise increases blood flow to the brain, fueling critical thinking processes such as memory, attention, and creativity. (Park, A. (2012). The Reason for Recess. *Time*, 179(2), 19.)
- It's important to view recess as "a child's personal time to decompress from rigorous academic activity and to prepare for the next rigorous activity"(Michelle Healy@ByMichelleHealyUSA T. Keep recess in play, pediatricians urge. *USA Today* [serial online]. n.d.:Available from: Canadian Reference Centre, Ipswich, MA. Accessed June 6, 2013.)
- About 73% of elementary schools provide regular recess for all grades in the U.S in 2012. (Michelle Healy@ByMichelleHealyUSA T. Keep recess in play, pediatricians urge. *USA Today* [serial online]. n.d.:Available from: Canadian Reference Centre, Ipswich, MA. Accessed June 6, 2013.)
- Up to 40% of school districts have reduced or eliminated recess to allow more time for core academics. (Michelle Healy@ByMichelleHealyUSA T. Keep recess in play, pediatricians urge. *USA Today* [serial online]. n.d.:Available from: Canadian Reference Centre, Ipswich, MA. Accessed June 6, 2013.)



<https://ciraontario.com/>

- Safe and properly supervised recess offers children cognitive, physical, emotional and social benefits, including better attention span, improved classroom behavior and an important opportunity for free, unstructured play, creativity and interaction with other kids. (Michelle Healy@ByMichelleHealyUSA T. Keep recess in play, pediatricians urge. *USA Today* [serial online]. n.d.:Available from: Canadian Reference Centre, Ipswich, MA. Accessed June 6, 2013.)
- The National Center for Education Statistics in 2005 reported that approximately 15% of children have no recess and of the other 85%, some have as little as 15 minutes or less.  
([http://www.sparkpeople.com/blog/blog.asp?post=why\\_shouldnt\\_kids\\_have\\_recess](http://www.sparkpeople.com/blog/blog.asp?post=why_shouldnt_kids_have_recess) )
- In 2006, it was reported that 11% of states require recess in elementary schools and 57% of school districts require it. - School Health Policies and Programs Study  
([http://www.sparkpeople.com/blog/blog.asp?post=why\\_shouldnt\\_kids\\_have\\_recess](http://www.sparkpeople.com/blog/blog.asp?post=why_shouldnt_kids_have_recess))
- Two-thirds of principals reported taking away recess as a punishment. –Gallup, 2009  
([http://www.sparkpeople.com/blog/blog.asp?post=why\\_shouldnt\\_kids\\_have\\_recess](http://www.sparkpeople.com/blog/blog.asp?post=why_shouldnt_kids_have_recess))
- 44% of children living below the poverty line do not have recess compared with 17% of others.  
([http://www.sparkpeople.com/blog/blog.asp?post=why\\_shouldnt\\_kids\\_have\\_recess](http://www.sparkpeople.com/blog/blog.asp?post=why_shouldnt_kids_have_recess))
- 39% of African-American children don't have recess compared with about 15% of Caucasian children.  
([http://www.sparkpeople.com/blog/blog.asp?post=why\\_shouldnt\\_kids\\_have\\_recess](http://www.sparkpeople.com/blog/blog.asp?post=why_shouldnt_kids_have_recess))
- 25% of kids who score below average on standardized tests do not have recess compared with 15% of those above average.  
([http://www.sparkpeople.com/blog/blog.asp?post=why\\_shouldnt\\_kids\\_have\\_recess](http://www.sparkpeople.com/blog/blog.asp?post=why_shouldnt_kids_have_recess))
- 96.8% of elementary schools provided regularly scheduled recess for students in at least 1 grade. Among these schools, students were scheduled to have recess an average of 4.9 days per week for an average of 30.2 minutes per day. (In the U.S.)  
([http://www.cdc.gov/healthyyouth/shpps/2006/factsheets/pdf/FS\\_PhysicalActivity\\_SHPPS2006.pdf](http://www.cdc.gov/healthyyouth/shpps/2006/factsheets/pdf/FS_PhysicalActivity_SHPPS2006.pdf))
- 79.1% of elementary schools provided daily recess for students in all grades in the school. (In the U.S.)  
([http://www.cdc.gov/healthyyouth/shpps/2006/factsheets/pdf/FS\\_PhysicalActivity\\_SHPPS2006.pdf](http://www.cdc.gov/healthyyouth/shpps/2006/factsheets/pdf/FS_PhysicalActivity_SHPPS2006.pdf))
- 48.4% of schools offered intramural States Districts activities or physical activity clubs to students, and 22.9% of these schools provided transportation home for students participating in these activities or clubs. (In the U.S.)  
([http://www.cdc.gov/healthyyouth/shpps/2006/factsheets/pdf/FS\\_PhysicalActivity\\_SHPPS2006.pdf](http://www.cdc.gov/healthyyouth/shpps/2006/factsheets/pdf/FS_PhysicalActivity_SHPPS2006.pdf))
- The percentage of schools with intramural activities or physical activity clubs that required students to pay a fee for these activities increased from 23.0% in 2000 to 35.0% in 2006. (In the U.S.)  
([http://www.cdc.gov/healthyyouth/shpps/2006/factsheets/pdf/FS\\_PhysicalActivity\\_SHPPS2006.pdf](http://www.cdc.gov/healthyyouth/shpps/2006/factsheets/pdf/FS_PhysicalActivity_SHPPS2006.pdf))



<https://ciraontario.com/>

- Overweight and obesity, which are influenced by physical inactivity and poor diet, can increase one's risk for diabetes, high blood pressure, high cholesterol, asthma, arthritis, and poor health status. (<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)
- Fourteen percent of high school students had not participated in 60 or more minutes of any kind of physical activity on *any* day during the 7 days before the survey. (<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)
- In 2011, 29% of high school students surveyed had participated in at least 60 minutes per day of physical activity on all 7 days before the survey, and only 31% attended physical education class daily. (<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)
- Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. (<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)
- Schools can promote physical activity through comprehensive school physical activity programs, including recess, classroom-based physical activity, intramural physical activity clubs, interscholastic sports, and physical education. (<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)
- Recess is the most effective way to keep kids active (<http://www.health.am/ab/more/physical-education-is-good> )
- Children become progressively inattentive when recess is delayed (Published Fall 2011) (<http://web.ebscohost.com/ehost/detail?vid=6&hid=108&sid=fb3e021a-9447-44a4-bb06-f96c73a0692a%40sessionmgr113&bdata=JnNpdGU9ZWZWhvc3QtbGl2ZQ%3d%3d#db=aph&AN=67018187> )
- 44% of children living below the poverty line versus 17% of those above the poverty line were deprived of recess (<http://www.naeyc.org/files/yc/file/200909/On%20Our%20Minds%20909.pdf> )
- Students are likely to behave better and learn more when they have recess (<http://esciencenews.com/articles/2009/01/27/daily.school.recess.improves.classroom.behavior> )
- Recess provides children with the extra physical activity they need beyond physical education class (<http://www.googobits.com/articles/p0-1316-recess-cuts-a-growing-trend-in-the-united-states.html> )
- Studies have shown that recess helps students pay better attention in class; it allows them to get rid of built up energy (<http://www.googobits.com/articles/p0-1316-recess-cuts-a-growing-trend-in-the-united-states.html> )
- Recess gives children a chance to exercise, play, and interact with other students ( <http://ceep.crc.uiuc.edu/poptopics/recess.html> )
- Children develop social, emotional, physical, and cognitive skills while playing at recess (<http://ceep.crc.uiuc.edu/poptopics/recess.html> )
- The learning achieved on the playground is different than learning in the classroom (<http://ceep.crc.uiuc.edu/poptopics/recess.html>)



<https://ciraontario.com/>

- Recess improves a child's ability to share with others, cooperate, communicate, solve problems, respect rules, resolve conflicts, share, and take turns (<http://ceep.crc.uiuc.edu/poptopics/recess.html>)
- Recess can act as a stress reliever for children (<http://ceep.crc.uiuc.edu/poptopics/recess.html>)
- Social play proves that it encourages creativity, promotes problem-solving abilities, and assists in a child's vocabulary (<http://ceep.crc.uiuc.edu/poptopics/recess.html>)
- What child learn outside on the playground can be applied to their work within the classroom (<http://ceep.crc.uiuc.edu/poptopics/recess.html>)

\*\*All links live as of June 2014