**Recess Facts**

- About 11% of states and 57% of districts require elementary schools to provide students with regularly scheduled recess. This is up from 4% of states and 46% of districts in 2000.
    - Although not mandated, 79% of elementary schools said they provided daily recess. In 2000, it was 71%.[1]
- About two thirds of principals report taking away recess as a punishment for behavior problems or not finishing work.[2]
- Research shows that when children have recess, they gain the following benefits:
    - Are less fidgety and more on task
    - Have improved memory and more focused attention
    - Develop more brain connections
    - Learn negotiation skills
    - Exercise leadership, teach games, take turns and learn to resolve conflicts
    - Are more physically active before and after school
- NASPE (National Association for Sport and Physical Education) recommends elementary school children have at least 20 minutes of recess daily.
- The American Academy of Pediatrics says play is essential to children's development and cautions against decreased time in school for recess.
- Three out of four parents say recess should be mandatory, per a survey by the National Parent Teacher Association.
- 8 of 10 principals polled in 2009 say recess has a positive impact on academic learning.

**From "Recess Makes Kids Smarter" by Caralee Adams**

https://www.scholastic.com/teachers/articles/teaching-content/recess-makes-kids-smarter/

[1] Centers for Disease Control, 2006
[2] Gallup for the Robert Wood Johnson Foundation; The State of Play, 2009