

## RECESS

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Recess is a regularly scheduled period in the school day for physical activity and play that is monitored by trained staff and approved volunteers. During recess, students are encouraged to be physically active and engaged with their peers in activities of their choice, at all grade levels, pre-kindergarten through fifth grade.

Recess benefits students by:

- Increasing their level of physical activity.
- Improving their memory, attention, and concentration.
- Helping them stay on-task in the classroom.
- Reducing disruptive behavior in the classroom.
- Improving their social and emotional development (e.g., engaging in interactions with peers, learning how to share and negotiate).

Elementary schools in the Bangor School Department will provide students in grades PreK-5 with at least one daily period of recess at least 20 minutes in length.

Schools will schedule recess before lunch whenever possible.

To encourage participation, schools will offer structured games and activities as well as free play.

Outdoor spaces will be used for recess whenever the weather allows. Exceptions may be made for students with medical conditions.

Recess will be supervised/monitored by staff and approved volunteers.

School staff are prohibited from assigning physical activity to students as a disciplinary measure.

School staff are prohibited from withholding recess to students as a disciplinary measure unless the student's behavior creates a safety threat for themselves or others on the playground. With parent permission, students may complete make up work and/or have a reward inside recess with a staff member.

Recess is a complement to, but not a replacement for physical education. Schools may not use recess time toward fulfillment of physical education requirements.

Schools will provide sufficient age appropriate equipment for all students to be physically active during recess.

Spaces and equipment used for recess and other physical activities will be regularly inspected and maintained.



The Bangor School Department provides training for school staff and volunteers who will supervise recess or lead games or other more structured recess activities.

Cross Reference: JLA – Student Wellness

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