

Arizona Department of Education

Recess and Physical
Education Survey Results

Fall 2010



- ▶ What grades are taught at your school?

▶ K – 6	190	25%
▶ K – 8	179	23%
▶ K– 12	48	6%
▶ 7 – 8	31	4%
▶ 7 – 9	6	1%
▶ 7 – 12	21	3%
▶ 9 –12	129	17%
▶ Other, please specify	187	24%

- ▶ Total Respondents 765

Types of schools

▶ Is recess provided for grades K–5?		
▶ YES	501	63%
▶ NO	21	3%
▶ ONLY DURING LUNCH	110	14%
▶ DO NOT HAVE GRADES K–5	194	25%
▶ Total Respondents	790	

Extent of Recess across the state

- ▶ If recess has been eliminated at your school, please provide the reason.

- ▶ no facilities 10 7%
- ▶ time needed for academic instruction 64 46%
- ▶ teachers unwilling to supervise 3 2%
- ▶ liability concerns 1 1%
- ▶ unknown 6 4%
- ▶ Other, please specify 75 54%

- ▶ Total Respondents 139

Why has recess been eliminated in some schools?

▶ If recess is provided, how many days per week?

▶ 1 day	5	1%
▶ 2 days	9	2%
▶ 3 days	3	1%
▶ 4 days	58	10%
▶ 5 days	521	88%
▶ Total Respondents	592	

Schools believe Recess is needed every day

▶ How many minutes of recess are provided each day?

▶ 0 – 10	42	7%
▶ 11 – 20	247	40%
▶ 21 – 40	277	45%
▶ 41 – 60	62	10%
▶ 60 +	5	1%

▶ Total Respondents 619

How much time is spent in recess each day?

▶ Is your recess structured (monitored by an adult with active and safe options) or unstructured (free play)?

▶ structured 200 32%

▶ unstructured 351 57%

▶ other, please specify 100 16%

▶ Total Respondents 619

Structured vs. Unstructured

▶ If recess is structured, is it led by a classroom teacher(s), PE teacher(s) or aide(s)?

▶ classroom teacher(s)	170	43%
▶ PE teacher(s)	69	17%
▶ aide(s)	173	44%
▶ not structured	97	24%
▶ Other, please specify	45	11%
▶ Total Respondents	397	

Who supervises structured recess?

▶ Does your school have a gym or available large multi-purpose room?

▶ Yes	623	81%
▶ No	146	19%

▶ Total Respondents	769
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Facilities for Recess and Physical Education

▶ Does your school offer Physical Education (PE) classes to every student?

▶ Yes	692	88%
▶ No	97	12%

▶ Total Respondents 789

Are all children involved in Physical Education?

- ▶ Please check all grades where PE is required or offered.

Kindergarten	480	64%
first grade	516	69%
second grade	521	70%
third grade	518	69%
fourth grade	518	69%
fifth grade	522	70%
sixth grade	461	62%
seventh grade	331	44%
eighth grade	330	44%
ninth grade	165	22%
tenth grade	135	18%
eleventh grade	125	17%
twelfth grade	124	17%
Other, please specify	38	5%

- ▶ Total Respondents 748

Physical Education participation by grade level

▶ How many days a week is PE offered in each grade?

▶ one	164	22%
▶ two	212	28%
▶ three	33	4%
▶ four	42	6%
▶ five	158	21%
▶ varies by grade	102	14%
▶ other, please specify	86	11%

▶ Total Respondents 751

Physical Education providing daily exercise?

▶ How many minutes each day is the PE period?

▶ 0 – 10	13	2%
▶ 11 – 20	14	2%
▶ 21 – 30	189	25%
▶ 31 – 40	179	24%
▶ 41 – 50	210	28%
▶ 51 +	180	24%

▶ Total Respondents 755

How long should the PE period be?

▶ If your school does not offer PE classes, please provide the reason.

▶ no facilities	26	31%
▶ time needed for academic instruction	31	37%
▶ unable to hire PE teacher	19	23%
▶ school never offered PE in the past	18	22%
▶ unknown reason	1	1%
▶ other, please specify	32	39%

▶ Total Respondents 83

Reasons why Physical Education is not offered

▶ Do you have PE instructors who hold a valid Arizona Teaching Certificate with a Physical Education endorsement?

▶ Yes	521	69%
▶ No	230	31%

▶ Total Respondents 751

Are the PE teachers certified?

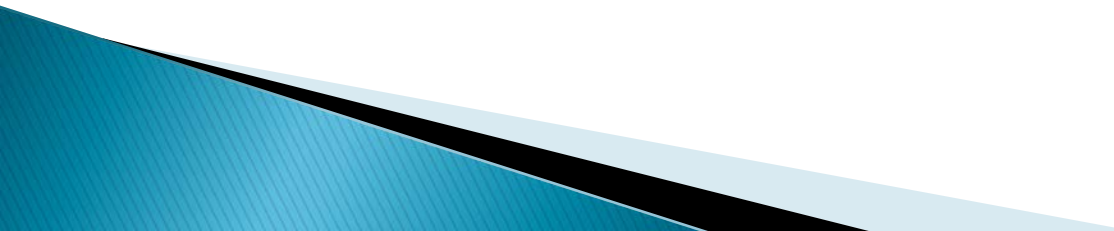
Recess Policy

Legislation from 2010 session requires local school boards to consider recess policy at a scheduled meeting.

New statutory language:

- ▶ 15-108. Recess policies
- ▶ A. No later than January 1, 2011, each school district governing board and the governing body of each charter school shall conduct a public meeting to consider the adoption of a policy to provide at least thirty total minutes of recess each day for pupils in kindergarten programs and grades one through five. Each parent or guardian of a child who is enrolled in the school district or charter school, as applicable, shall be provided notice of any public meeting called pursuant to this subsection and shall be provided an opportunity at the public meeting to comment on the proposed policy. After receiving public comment, the school district governing board or the governing body of the charter school shall discuss and vote on the adoption of the proposed recess policy.
- ▶ B. If a recess policy is adopted pursuant to subsection A:
 - ▶ 1. The recess requirements shall consist of structured physical activity outside or inside the classroom.
 - ▶ 2. Physical education classes may be used to satisfy the recess requirement.
 - ▶ 3. Unstructured recess time that occurs immediately after lunch periods does not satisfy the recess requirement.
- ▶ C. School districts and charter schools that do not provide instruction to pupils in kindergarten programs or grades one through five are not required to conduct a public meeting pursuant to subsection A.

ADE perspective

- ▶ Technical Assistance: The Department will be providing technical assistance in the form of sample notices to inform parents of the meeting, sample recess policies and a form to confirm compliance with the new law that will need to be returned to the Department following the public meeting.
 - ▶ Outcomes: Our goal at ADE is to assist those educators on the front line of academic achievement to obtain the best outcomes possible. Implementing a structured recess policy will be a good step towards realizing the academic goals of your district and/or charter school.
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Why recess?

- ▶ Recess provides children with discretionary time and opportunities to engage in physical activity that helps to develop healthy bodies and enjoyment of movement. It also allows elementary children to practice life skills such as conflict resolution, cooperation, respect for rules, taking turns, sharing, using language to communicate, and problem solving in situations that are real. Furthermore, it may facilitate improved attention and focus on learning in the academic program.

(Council on Physical Education for Children, 2001)



Health aspects of exercise

- ▶ WASHINGTON (Reuters) – U.S. schools and childcare programs could be required to include daily exercise as part of the new National Physical Activity Plan released this year.
- ▶ With two-thirds of adult Americans and a third of children overweight or obese, the need for more activity is dire, health experts said in launching the plan.
- ▶ The plan calls for changes in medical school curricula, local regulations to encourage construction of sidewalks, playgrounds and parks, guidelines for doctors on counseling patients, and a return of organized exercise to school days.
- ▶ The report acknowledged what it said was pressure on schools to improve academic standards. "These pressures, combined with the trend toward children being driven to school and other factors, have reduced the amount of time children and adolescents are physically active during the school day."

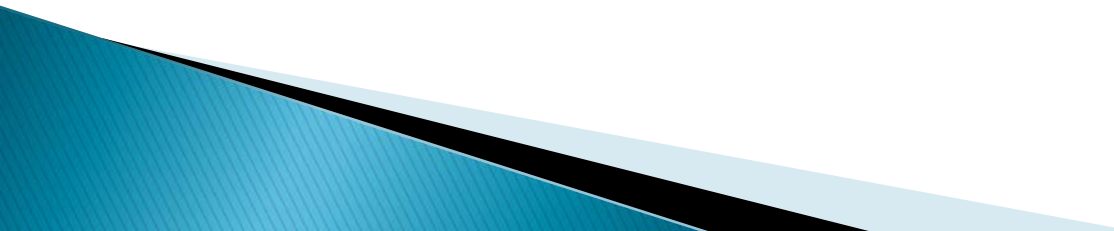
Studies

- ▶ A study published in the journal Pediatrics studied the links between recess and classroom behavior among about 11,000 children age 8 and 9. Those who had more than 15 minutes of recess a day showed better behavior in class than those who had little or none.
- ▶ Harvard researchers reported in The Journal of School Health that the more physical fitness tests children passed, the better they did on academic tests. The study, of 1,800 middle school students, suggests that children can benefit academically from physical activity during gym class and recess.

Florida law

- ▶ It is the responsibility of each district school board to develop a physical education program that stresses physical fitness and encourages healthful, active lifestyles and to encourage all students in prekindergarten through grade 12 to participate in physical education. Physical education shall consist of physical activities of at least a moderate intensity level and for a duration sufficient to provide a significant health benefit to students, subject to the differing capabilities of students. All physical education programs and curricula must be reviewed by a certified physical education instructor.
- ▶ Each district school board shall provide 150 minutes of physical education each week for students in kindergarten through grade 5 and for students in grade 6 who are enrolled in a school that contains one or more elementary grades so that on any day during which physical education instruction is conducted there are at least 30 consecutive minutes per day.

Louisiana Exercise Law

- ▶ Each public school that includes any of the grades kindergarten through eight shall provide at least thirty minutes each school day of quality moderate to vigorous physical activity for students.
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NASBE policy

- ▶ **RECESS IN ELEMENTARY SCHOOLS.** Recess provides opportunities for physical activity, which helps students stay alert and attentive in class and provides other educational and social benefits. School authorities shall encourage and develop schedules that provide time within every school day for preschool, kindergarten, and elementary school students to enjoy supervised recess. Every school shall have playgrounds, other facilities, and equipment available for free play