

Benefits of Recess

Research overwhelmingly shows that recess and physical activity have a positive impact across multiple domains, yet 35% of school districts nationwide have no policy requiring regularly scheduled recess for elementary schools.

Recess can lead to improvements in:

LEARNING AND ACADEMIC PERFORMANCE



Higher grades for students performing below grade level

Higher recall rate of vocabulary words (compared to those without recess)



6% Increase in standardized test scores for schools that build physical activity into lessons

A 2013-2015 study of Cobb County elementary and middle schools students found that maintained or improved fitness was associated with higher academic performance in:



Math



Reading



Science

SOCIAL AND EMOTIONAL DEVELOPMENT



Increases brain development in areas associated with attention, information processing, storage, retrieval, coping, and positive affect

Increases opportunity for development of social, intrapersonal, and communication skills



PHYSICAL ACTIVITY AND FITNESS

One-third

of Georgia's children aged 10-17 were overweight or obese in 2017.



Recess provides a critical opportunity to boost physical activity among children.

Increases opportunity for development of cognitive and motor skills

