Benefits of Recess and Physical Activity

Research overwhelmingly shows that recess and physical activity have a positive impact across multiple domains.

**Recess allows children to participate in unstructured physical activity, which can lead to:**

**LEARNING AND ACADEMIC PERFORMANCE**

- **Higher grades** for students performing below grade
- **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

**CLASSROOM ENGAGEMENT AND PRODUCTIVITY**

- **Increase** in on-task behaviors
- **20.5% Reduction** in time spent on non-academic tasks
- **Reduce** inappropriate behaviors, such as distracting other students

**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

Sources: https://tinyurl.com/RecessRefs2019

www.georgiavoices.org