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

**CLASSROOM ENGAGEMENT AND PRODUCTIVITY**
- 5% Increase in on-task behaviors
- 20.5% Reduction in time spend on non-academic tasks
- 9% Decrease in fidgety behaviors

**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

Sources: https://preview.tinyurl.com/VoicesRecessRefs

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