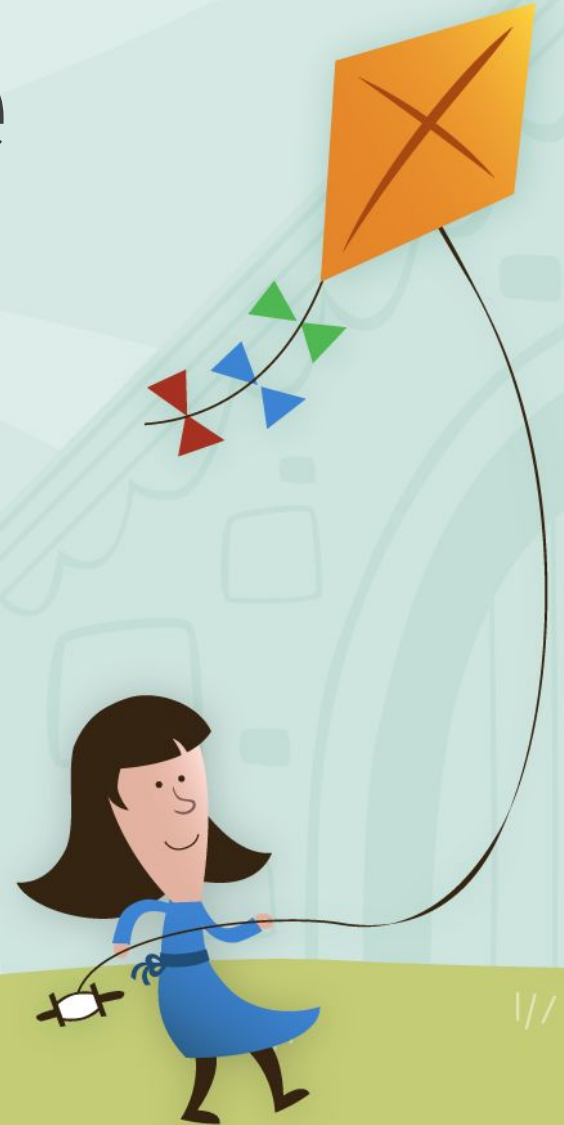


Increasing Recess Time in MCPS Elementary Schools



Current Recess Time in MCPS Elementary Schools

- The minimum set by MCPS is 30 minutes per day.
- Principals can use their discretion to hold indoor recess depending on weather conditions

Issues

- Actual time of movement may be around 20 minutes with time allotted to prepare students for outside play and to bring them back inside
- When indoor recess is held, some schools offer movie options to students instead of promoting movement or free play



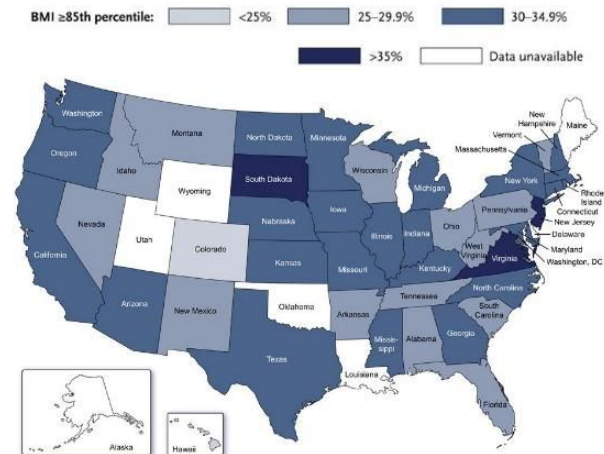
Why is this an issue?



- American Academy of Pediatrics and the CDC recommend children have **60 minutes of recess a day**. [Learn more](#)
- **Over 11%** of Maryland children are exhibiting symptoms of ADHD. [Learn more](#)
- **Only 20.8%** of students are physically active for a total of at least 60 minutes per day. [Learn more](#)
- **16%** of elementary school students are considered obese. [Learn more](#)



Childhood Obesity



The NEW ENGLAND
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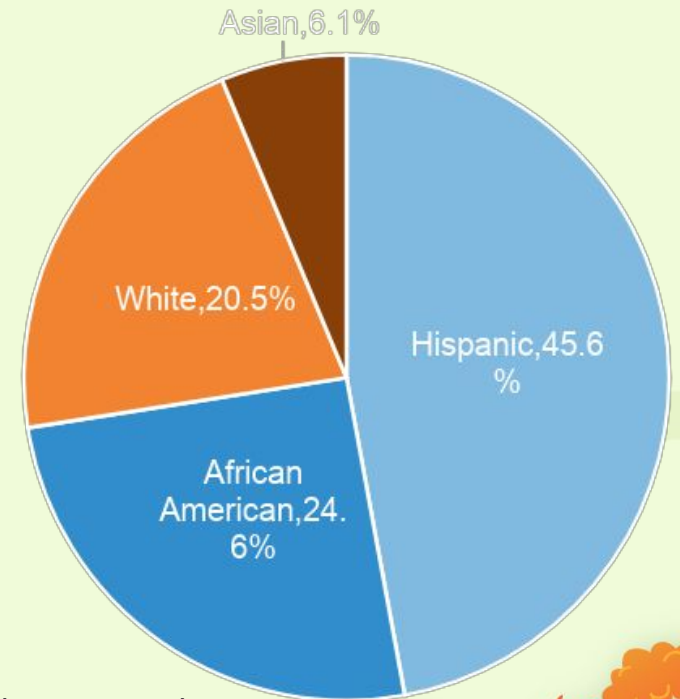
What has the research shown?

Ongoing study conducted by LiinkProject at Texas Christian University under Dr. Debbie Rhea. The LiINK Project aims to develop the whole child through increased recess and character development.

Results:

Students in the intervention group (increased recess time) showed:

- Significantly less off task behaviors. [Learn more](#)
- Increase in grade level appropriate behaviors. [Learn more](#)
- Increased prosocial behaviors such as respect for adults, honesty, and empathy. [Learn more](#)
- Decreased bullying. [Learn more](#)
- Decreased BMI index. [Learn more](#)



**Schools studied have similar demographics to MCPS schools. Example: Arlington ISD-62,085 students*



Possible arguments against extending recess time

It would take away academic time.

Studies show that increased recess time makes classroom time more worthwhile and valuable for students, as students are less distracted and ready to learn.



Suggested Plan

- Principals can encourage outside free play and outdoor lessons
- Teachers can take their students outside for free play for up to 30 minutes extra a day, as they see fit.
 - This allows teacher autonomy and decision making on how this may fit into their lessons
- This does not require any adjustment of the budget
- This does not require lengthening the school day.
- Principals can pilot this program for a marking period, then measure data on assessment scores, behavior, attention levels, BMI index.



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We all have the common interest of increasing student achievement, wanting students to enjoy school and teaching healthier lifestyles.

