



DAILY RECESS

FLORIDA PTA POSITION

Florida PTA urges the school districts to require daily recess (defined as supervised, active, unstructured play) with adequate equipment and adequate supervision of at least 20 minutes for all elementary children.

Background

Higher accountability requirements and pressure on schools to show increased academic achievement have led to increased instructional time at the expense of unstructured, physical activity such as recess. Many schools have either eliminated recess or reduced the time spent on such activities. As a result, children have very little time during the school day to engage in physical activity or other activities that exercise both the body and the mind.



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Talking Points

- The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity (2001) says physical inactivity is a serious, nationwide epidemic.
- Child Obesity is on the rise due to decreased time spent on physical activity.
- Physical activity at all ages reduces risks of heart disease, high blood pressure, and diabetes.
- Regular physical activity promotes aerobic endurance, muscular strength and motor coordination.
- School-age children and youth have the potential to acquire the knowledge, skills, and values that can lead to a life of physically active and healthy living.
- Physically active children are more likely to become physically active adults, continuing the related health benefits.

Source: The Fourth R: Recess and its Link to Learning, Educational Forum, Fall 2001

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