



Semi-Structured Recess



RECESS IS ESSENTIAL

Recess supports students' social, emotional, physical and cognitive development. Active play during recess helps students meet the recommended 1 hour of physical activity each day. To help all students be active during recess it is best to provide opportunities for both free play and structured play.

Benefits of Semi-Structured Recess

- Students can engage in physical activity regardless of skill level
- Students practice motor skills taught in physical education class
- Students have time to learn game rules
- Students can practice social skills with coaching from adults
- Supervision ensures safety and healthy conflict resolution
- Providing opportunities for structured, planned activities led by adults helps all students be active

How to Prepare for Semi-Structured Recess

- Recruit teachers, staff, or volunteers to act as "recess coaches," to lead activities, and provide supervision
- Ask children to mentor and model activities for their peers
- Create boundaries to divide the playground, field, or gym into areas for structured activities and free play
- Play games such as four square, basketball, soccer, and Simon Says during structured recess
- Review rules with students before recess
- Add visual cues (e.g. chalk each square of foursquare in different colors)
- Offer equipment in different sizes, colors, and textures

TIP

For more information about adding structure to traditional games during recess games, visit: playworks.org/resource/designing-inclusive-recess.