



PLAYWORKS

Recess Guidelines

Playworks is an organization that partners with elementary schools to help kids stay active and build valuable skills through play. For the past 24 years, Playworks has helped schools reimagine recess. As schools prepare to implement both in-school and virtual recess experiences, below are some options for what recess could look like at your school based on what we know as of July 2020. For more information about Playworks or any of our programs please contact info@playworks.org.

In school, as a "Pod"

Insulated bubbles ("pods") of students where they only see their pod, but they are able to socialize normally within the pod.

In school, but socially distanced the entire time

Insulated bubbles ("pods") of students where they still remain socially distanced (6' apart) and wear masks at all times. (ex: one class by itself)

Virtual, live recess via Zoom

All students are attending school remotely from their own homes. Built into the students weekly schedule and engage an educator to lead a live activity daily.

Virtual, embedded into your school's virtual classroom

All students are attending school remotely from their own homes. Embed recess activities / games into Google Classroom or shared in weekly resources to be played at home.

In school, as a "Pod"

Insulated bubbles ("pods") of students where they only see their pod, but they are able to socialize normally within the pod.

SANITIZING

- Washing all hands before and after recess
- Sanitize equipment after recess

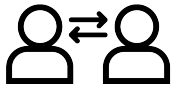


SCHEDULING

- 20-30 mins per class/pod of outside play time (not including transition time)
- Ideally only having one pod out at a time
 - If not possible, creating zones for pods to stay separated
 - If needed, pods rotate going outside or staying inside each day (other pod stays in a classroom)
- Transitions:
 - Either have 5 minutes between recesses
 - Or have a "traffic pattern" so pods don't use same entry / hallway

SPACE

- Create zones for each class/pod at recess
- Basketball court sized area for each class/pod
- 2-3 games available in the zone daily



EQUIPMENT

- Recommendations for utilizing the play structure
 - Avoid using play structure for start of year
 - Potentially rotating use of play structures later in year based on CDC recommendations
 - Equipment stays within each pod in any given recess until it is cleaned
- Equipment for each class
 - Jump Ropes (1 per 5 students)
 - Hula hoops (1 per 2-3 students)
 - Multiple colors of cones (1 cone per student)
 - Gator ball
 - Soccer ball
 - Basketball
 - Playground ball
 - Chalk



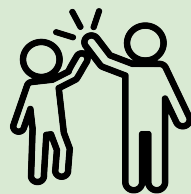
GAMES

- Core Games: Offer 1-2 of these rotational games every day to provide consistency and engage a variety of students across gender and skill level.
 - [Penalty Kick Soccer](#)
 - [Four Square](#)
 - [Superstar Knockout](#)
 - Hula Hoops
 - Jump Ropes
- Game of the Week: Supplement your core games with a group game that can be played safely. Our [Safe Return to Play Guide](#) can help you find a game that will work safely in your space or consider how to modify one of your favorite games.



ADULT PARTICIPATION

- Bring equipment
- Set up activities
- Model positive behavior (verbal appreciations)
- Play games with your students
- Lead transitions
- Clean/Sanitize equipment before and after recess



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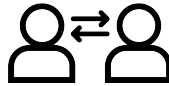


SCHEDULING

- 20-30 mins per class/pod of outside play time (not including transition time)
- Only one pod allowed outside at a time
- Using classroom for recess when schedule doesn't allow all pods to go outside separately
- Transitions:
 - Either have 5 minutes between recesses
 - Or have a “traffic pattern” so pods don't use same entry / hallway

SPACE

- Outdoor
 - Basketball court sized area for each class/pod
 - 2-3 games available in the zone daily
- Indoor
 - If possible, identify indoor spaces within the building that are large enough for students to socially distance while playing (ie: cafeteria, stage, library) and can be cleaned between uses
 - If space allows, create a circle area where students can be socially distanced within the classroom (away from their desks)
 - If no other option, use games that can be played while students sits or stands at their own desk within the classroom



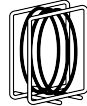
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GAMES

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 - Hula hoops
 - Jump ropes
 - Hopscotch
 - Land, Sea, Air
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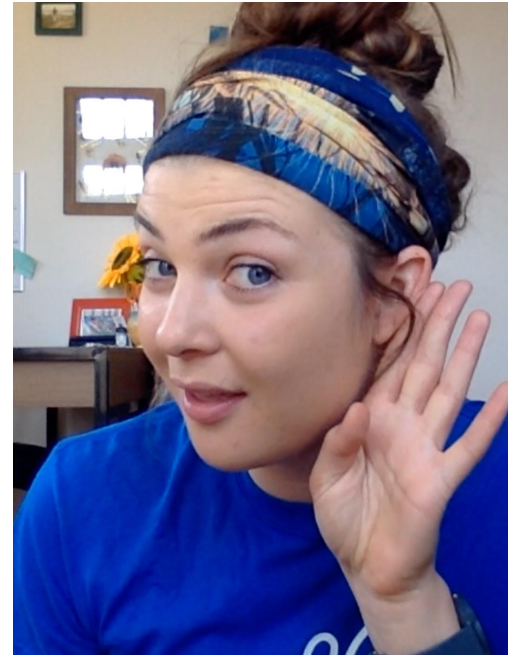
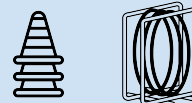
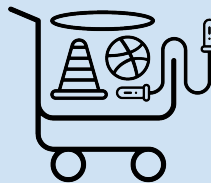
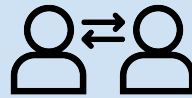
SCHEDULE

- Class fits 20 minutes into their daily schedule for a recess break lead by their teacher or specific staff member at the school
- Recess is scheduled for the same time every day to establish consistency
- Classes can have recess individually or in conjunction with other classes



SPACE

- Students and teachers use the space within their home
- Assume that students have limited space when playing the game
- Equipment
 - Games should have limited or no equipment
 - Use everyday household objects when possible or provide safe explanations for kids to find their own item like 'something safely tossable'
- Games
 - [Up, Down, Stop, Go](#)
 - [Simon Says](#)
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 - [Group Count](#)
 - Game of the Week: Find another game that can be played virtually in our [Safe Return to Play Guide](#). It also includes questions to consider when modifying one of your favorite games.



ADULT PARTICIPATION

- Teachers/staff plan and lead games/brain breaks during the 20 minute time period



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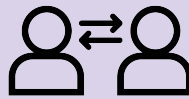
SCHEDULE

- Designate time each day for students to play on their own with the provided resources



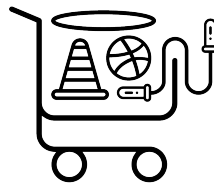
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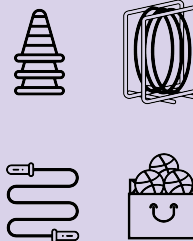
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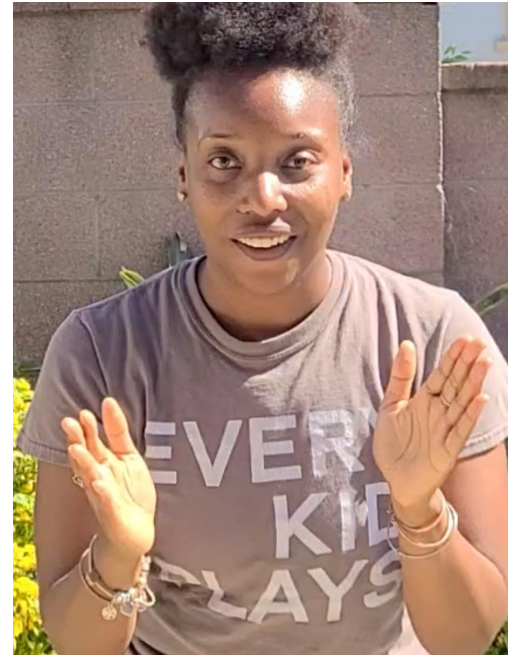
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ADULT PARTICIPATION

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- Teachers/staff create a challenge for students to learn and play a new game each week





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