

Recess Activities

Introduction

While SPARK PE provides standards-based and progressive instruction of movement skills, recess provides children with much needed unstructured activity time. Therefore, recess is not a replacement for physical education; rather, it should be considered an important activity supplement, and another opportunity for children to accumulate 60 minutes of physical activity a day.

Additionally, recess allows children to release energy and reduce stress, both of which help improve attention in the classroom and decrease disruptive behavior. During recess, children learn how to “get along” in movement environments, practice social skills such as taking turns, sharing, and courtesy, and they can develop and maintain friendships. Recess should never be denied, used as a punishment for bad behavior or to make up classroom assignments.

The SPARK Recess section provides activities for students to learn and practice that reinforce skills they have been learning in the instructional units. These activities may also be used before school, during lunchtime, after school, at home, and in other physical activity environments throughout the community.

What You Have

SPARK Manual

- **Lessons**

- Twelve activities sequenced by instructional units they reinforce.

- **Inclusive Strategies**

- Tips to help meet the needs of all students.

- **Supplemental Lesson Content**

- **Reflection Questions:** discussion questions are provided to reflect on what students have learned.
- **Teaching Suggestions:** instructional hints from SPARK PE specialists who have instructed the activity before. Read prior to teaching for the “inside scoop.”
- **SPARK It Up!:** variations provide extensions to address the developmental needs of students.
- **Integrations:** ideas to connect PE to academic content, wellness concepts and promotion of physical activity outside of school. Can be read to students during warm-up, transitions, or cool-down.
- **Standards:** indicates which National PE Standards and grade level outcomes are addressed.
- **Vocabulary:** a list of words used to highlight academic content during the lesson.
- **Teacher Reflection:** space to share how the lesson went & what modifications could be made next time.

SPARK Instructional Media

- **Matching Recess Activities with Instructional Units**

- A table showing recess activities and which instructional units to pair them with.

- **Playground Expectation Cards**

- Visuals to help teach playground expectations. Use as is or adapt to fit your school.

- **Peaceful Resolution Cards**

- Visuals to help teach positive resolutions and problem-solving for times when students can't agree