

## **Active Classrooms & Recess**

### Active Classrooms Resources:

#### [Go Noodle](#)

Fun movement breaks for kids. No special equipment needed. Free membership.

#### [Adventure to Fitness](#)

An online site that connects learning standards with fun, interactive movement.

#### [Brain Breaks, Instant Recess, and Energizers](#)

### Active Recess Resources:

#### Key Elements of a Quality Recess Program:

- Provide at least 20 minutes of recess every day for all students, preferably before lunch and outdoors.
- Teach positive playground expectations.
- Create universal participation by offering multiple activities at recess.
- Map the playground area to designate different areas of play.
- Provide equipment to increase participation and to decrease congestion on play structures.
- Provide group games, led and supervised by adults, to actively engage students and help build social skills.
- Provide adequate staff training for recess.

#### [Active Living Research: Increasing Physical Activity Through Recess](#)

#### [Active Living Research: The Potential of Safe, Secure, and Accessible Playgrounds to Increase Children's Physical Activity](#)